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COMPOSITION OF FOODS

FATS AND OILS
RAW · PROCESSED · PREPARED

CHEMICAL ANALYSIS
SECTION

SEP 17, 79

AGRICULTURE HANDBOOK No. 8-4
UNITED STATES DEPARTMENT OF AGRICULTURE
SCIENCE AND EDUCATION ADMINISTRATION

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COMPOSITION OF FOODS
FATS AND OILS
RAW • PROCESSED • PREPARED

By Consumer and Food Economics Institute

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AGRICULTURE HANDBOOK NO. 8-4

SCIENCE AND EDUCATION ADMINISTRATION • UNITED STATES DEPARTMENT OF AGRICULTURE
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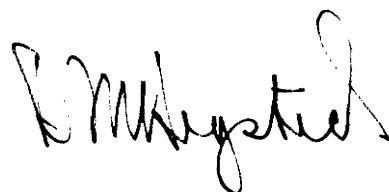
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FOREWORD

Agriculture Handbook No. 8 represents a traditional function of the Science and Education Administration of the U.S. Department of Agriculture. The development of the basic food composition tables used in the United States commenced more than 80 years ago. Data on the nutritive value of foods were first compiled and evaluated in the Department by W. O. Atwater in the 1890's. This nutrition pioneer organized and became the first director of the Office of Experiment Stations in the USDA. In 1896, the now classic USDA Bulletin No. 28, "The Chemical Composition of American Food Materials," by W. O. Atwater and C. D. Woods was published. This document was the first in a long series of food composition tables that have been issued by the Department.

The scope of succeeding tables has been expanded with the discovery of the presence and role of vitamins, minerals, and other dietary essentials in foods. Values from these tables have been used in many other compilations, both in this country and abroad. Nutritionists and health-related scientists depend on these composition data. Increasing emphasis on food and nutrition in national policies and programs has accelerated the need for comprehensive, up-to-date tabulations of the nutrient content of foods. USDA is continuing to expand and improve these food data.

This publication is a major revision of the 1963 edition of USDA Agriculture Handbook No. 8, "Composition of Foods...Raw, Processed, Prepared," currently a basic source of food composition data in this country. Dr. Atwater stated in Bulletin No. 28, "This table is intended to replace previous ones and to serve as a standard reference until it shall in its turn be replaced by a larger and more complete compilation." It is envisaged that this edition of Agriculture Handbook No. 8 will in its turn also be replaced. The task of deriving representative nutritive values of foods is a historical responsibility of USDA. This task is never ending and is essential in providing more complete knowledge so that we can use our food resources wisely.



D. M. Hegsted, Administrator
Human Nutrition Center

AGRICULTURE HANDBOOK NO. 8 SERIES

<u>Series No.</u>	<u>Food group</u>	<u>Year issued</u>	<u>Number of items</u>
8-1	Dairy and Egg Products	1976	144
8-2	Spices and Herbs	1977	43
8-3	Baby Foods	1978	217
8-4	Fats and Oils	1979	128

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PREFACE

Revision and updating of the major nutrient tables issued by the U.S. Department of Agriculture are needed to provide current nutrient information on foods. This revision of Agriculture Handbook No. 8 is being issued in sections so as to expedite release of data to the public. Each section contains a table of nutrient data for a major food group. The entire series will cover a wide range of food products.

To facilitate continuous, rapid updating, the handbook is being prepared in looseleaf form. Each page in the table contains the nutrient profile of a single food item, given on the 100-gram food basis, in two common measures, and in the edible portion of 1 pound (453.6 grams) as purchased, a format permitting a concise presentation of the data and comparison of values from one unit of measure to another. The scope of the nutrient listing has been enlarged. Values are provided for refuse, energy, proximate composition (water, protein, fat, carbohydrate, and ash), 7 mineral elements (calcium, iron, magnesium, phosphorus, potassium, sodium, and zinc), 10 vitamins (ascorbic acid, thiamin, riboflavin, niacin, pantothenic acid, vitamin B₆, folacin, vitamin B₁₂, vitamin A, and total and alpha-tocopherol), individual fatty acids, total saturated, monounsaturated, and polyunsaturated fatty acids, cholesterol, total phytosterols, and 18 amino acids.

The nutritive values contained in the handbook reflect the increasing information available on nutrients and food products. It is hoped that the revised and enlarged compilation of data will meet the requirements for reliable food composition values, which are basic to nutritional and dietary evaluation.

ACKNOWLEDGMENTS

The principal investigators are indebted to Joanne Good, University of Maryland, and Janette Farnsworth, Brigham Young University, for their technical assistance, and to the following members of the Consumer and Food Economics Institute: Jan L. Janiczek and Philip C. Washburn for their assistance with statistical analyses and computer programing, to Mildred T. Pati for word-processing and computer systems operation, and to Frank N. Hepburn, Leader, Nutrient Data Research Group, for his valuable advice. They are grateful to the National Heart, Lung, and Blood Institute, National Institutes of Health, for its continuous cooperation and financial support, which made possible the research on the fatty acid content of foods. They thank the many individuals in other government agencies and in private industry who supplied data and information used in this study.

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COMPOSITION OF FOODS

FATS AND OILS

RAW · PROCESSED · PREPARED

This is the fourth in a series of publications designed to revise and expand the food composition values published in Agriculture Handbook No. 8, "Composition of Foods...Raw, Processed, Prepared," revised in 1963 (7).¹ This section was prepared to serve as a

basic reference for data on nutrients in commercial fats and oils. Preparation of the table was computer assisted using the facilities of the Nutrient Data Bank (2). Data are presented for 128 items, only 17 of which were included in the 1963 edition.

SOURCES OF DATA

The data used as the basis for the values shown here were obtained from both published sources and private communications. Published sources consist of the scientific and technical literature, special bulletins, research reports, and other documents containing data or relevant material. Sources of

unpublished data include industry, government agencies, and academic institutions.

This compilation is an update and expansion of data summarized previously in two reports from this Institute (1, 8).

EXPLANATION OF TABLE

Format

Data are given per 100 grams of food, in terms of two common measures of food for most items, and as the amount in 1 pound (453.6 grams) of food as purchased. Values in columns E, F, and G were calculated from the data in column B without prior computer rounding of the values in this column. The measure and the weight are given at the top of columns E and F. Abbreviations are defined in the appendix. All items reported in this table have refuse values of zero since they are consumed as purchased.

Statistical expressions of the data are included in columns C and D. Because of increasing demands by users

of the food composition table for estimates of the variability and reliability of the nutrient data, the standard error of the values on the 100-gram food basis and the number of samples have been incorporated into the table.

For some complex food items, such as margarines and most salad dressings, mean values for vitamins, amino acids, and most minerals are given without an accompanying standard error and number of samples. These values were calculated from recipes.

Data in column B are the sample means. The means for the fatty acids per 100 grams of food were obtained by multiplying the mean grams per 100 grams of methyl esters by the appropriate factors to obtain mean grams per 100 grams of total lipid. Then these values were multiplied by the means of the proportion of total lipid in

¹ Underlined numbers in parentheses refer to Literature Cited, p. 6.

the food. Since samples for fatty acids and total lipid were considered to be independent, the formula for the variance of the product of two independent samples was used to obtain pooled standard errors. Data for some fatty acids for specific foods were not included in this table if they were reported at levels below 1 percent of total fatty acids.

Values in column C are the sample standard errors. They are given to at least the same number of places as the corresponding nutrient data in column B but to no more than the third decimal place. Column D contains the number of samples used to calculate the means.

The number of decimal places to which the data are given may differ from that of the 1963 handbook. The decimal places shown are those reported for most of the analytical data. For the appropriate relationships to be preserved among the different weights of a food item, the same number of decimal places shown for data on the 100-gram basis was carried for data in other units of measure. The number of decimal places does not necessarily reflect the accuracy of the data for all nutrients in all food items.

Information on both total phytosterols and tocopherols and on the component sterols and tocopherols was used to calculate the values for the phytosterols, total and alpha-tocopherols. Because total sterols or tocopherols by analysis do not necessarily equal the sum of the individually determined component sterols or tocopherols, the values given here are not always actual means but are values that fit the most reliable data.

Dashes denote lack of reliable data for a nutrient believed to be present in a measurable amount. Blanks indicate no data were available for that nutrient in the particular food. Calculated values have no entry in columns C and D.

The animal fats, salad dressings, shortenings, and vegetable oils are presented alphabetically within their respective groups. The listing of

vegetable oils includes several hydrogenated vegetable oils or oil blends that are commercially marketed as salad and cooking oils.

The margarine and margarinelike products are grouped by fat content into regular margarines, spreads, and imitation margarines. The regular margarines are further categorized by consistency (hard, soft, liquid) and by type of package in which they are commonly sold (stick or brick, tub, bottle). Within each group, products are listed alphabetically by the oils used in their formulations. Information on the ingredient oils is on the nutrient labels, where they are listed in order of decreasing amounts.

A guide to the table is included, with the name of the product, the item number from Handbook No. 8 (1963), the Nutrient Data Bank (NDB) number, and page number.

A five-digit NDB number is used for computer access to the data. The first two digits designate the section or major food group. The next three digits indicate the specific food. The NDB numbers are not consecutive. The page number is used to locate the food item in the table. Each page is dated by year of preparation. When the table is updated or expanded, new pages will be issued with instructions for insertion.

Nutrients

Proximate components.--Data for water are given as grams in the edible portion of the food. Food energy is expressed in terms of both kilocalories and kilojoules. The data are for physiological energy values and represent the gross energy value remaining after the losses in digestion and metabolism have been deducted. Specific calorie factors used for the fats and oils are given in the appendix. They are based on the Atwater system for determining energy values.

Details of the derivation of calorie factors are outlined in Agriculture Handbook No. 74 (5). Factors for mixed foods, such as margarines and salad

dressings, were derived by using the factors appropriate for the ingredients that constituted the source of the protein, carbohydrate, and fat. Kilocalories were converted into kilojoules using the factor 4.184.

The values for protein were calculated from determinations of the content of nitrogen (N) in the food using the conversion factors recommended by Jones (4). The specific nitrogen conversion factor applied in the food items is shown in the stub of the table following protein. The carbohydrate value is the difference between 100 and the sum of the percentages of water, protein, fat, and ash. This carbohydrate value includes fiber. The combined net error of the analyzed proximate constituents is introduced into the carbohydrate value, determined by difference.

Minerals.--Data on the content of seven mineral elements are included in the table. Zinc has been added to the minerals that were reported in the 1963 handbook. The mineral data were obtained primarily by atomic absorption, emission spectroscopy, and flame photometry. The mineral values represent the total amount present in the food and include those amounts, if any, added to the product in preparation for the retail market. The amounts do not necessarily represent those of the mineral element available to the body. Availability is affected by many factors and a multiplicity of conditions about which present information is inadequate.

Vitamins.--Ascorbic acid values are expressed in terms of total ascorbic acid, which consists of reduced plus dehydroascorbic acid. The values for niacin do not include the niacin that could be contributed by tryptophan, a niacin precursor.

The data for vitamin A in fats and oils include chemically determined preformed vitamin A and provitamin A carotenoids. Vitamin A activity is expressed both as international units (IU) and as retinol equivalents (RE). One IU is equivalent to 0.3 mcg of retinol or 0.6 mcg of beta-carotene,

one RE is equivalent to 1 mcg of retinol or 6.0 mcg of beta-carotene. One RE is equal to 3.33 IU of retinol or 10 IU of beta-carotene.

Tocopherol data are given for alpha-tocopherol and total tocopherol. Because the relative activity in humans of the various tocopherols is not known with certainty and because current dietary allowances (6) reflect primarily the alpha-tocopherol content, we did not include detailed information for the various tocopherols.

Lipids.--Trivial and scientific names for the fatty acids have not been used because the values for the unsaturated acids include positional and geometric isomers. In the list of fatty acids, the first number refers to the carbon atoms and the second number to the double bonds in the chain. Only data obtained by gas-liquid chromatographic analyses are contained in this report. The values shown are the actual quantity of each fatty acid in the food and do not represent fatty acid triglycerides. Since the lipids of milk and the lauric acid oils, coconut and palm kernel, contain a relatively large amount of the low molecular weight fatty acids, the fatty acid methyl ester data, which are equivalent to fatty acid triglycerides, were converted to grams of fatty acids per 100 grams of lipid using the conversion factors given in the appendix. The conversion factor for vegetable oil lipids other than lauric oils is 0.956.

Amino acids.--The values for margarines were calculated based on the assumption that nonfat dry milk was the only source of protein. The amino acid values for nonfat dry milk from Agriculture Handbook No. 8-1 (3) were used for the calculations. The amino acid content of mayonnaise was similarly calculated based on the egg as the primary protein source in mayonnaise. The amino acid values may be converted to the per-gram-of-nitrogen basis by dividing the amount of an amino acid in a specific quantity of food by the nitrogen content of the same specific quantity of food.

NOTES ON FATS AND OILS

Animal fats.--Animal fats excluding fish oils are generally more saturated than most vegetable oils. Beef and mutton tallow and butter and butter oil are the most saturated. Chicken, duck, goose, turkey fat, and lard are moderately saturated. Chicken and turkey are the most polyunsaturated among the animal fats. The consistency of lard is frequently improved by light hydrogenation. Available data for hydrogenated lard showed no discernible difference in the relative fatty acid composition from the unhydrogenated product.

All animal fats and the products containing them have cholesterol.

Vegetable oils.--Oils are generally accepted as 100 percent lipid, although trace amounts of moisture may be present. Most values tabulated here are for refined edible oils. Some rapeseed oils are an exception in that only oils containing no erucic acid are used as food. Oils with moderate to high erucic acid content are used for industrial applications.

Data on the mineral and vitamin content of fats and oils are limited. As new information on these nutrients becomes available, values will be added or updated in revisions of this handbook section.

Cholesterol has been reported in trace amounts in some crude vegetable oils. In the absence of reliable data for the refined edible oils, no values for cholesterol are included in the table.

Representative values for olive oil were derived without data on Tunisian olive oil, which contains less oleic acid and more palmitic and linoleic acid than olive oil from other locations.

Palm oil obtained from the pulp of the palm berry differs considerably in its fatty acid composition from palm kernel oil, which is obtained from crushed kernels. Values for both oils are included in the table.

Soybean oil of commerce is usually slightly hydrogenated to lower its linolenic acid content, which is associated with the development of oxidative off-flavors and decreased shelf life. Among the few applications of the unhydrogenated soybean oil is its use in commercial salad dressings.

Sunflower oil is primarily a product of cool regions. Cultivars grown in warm regions have a lower linoleic acid content and are not important commercially.

Margarines.--Regular margarines contain about 80 percent fat, spreads about 60 percent, and diet imitation margarines about 40 percent. Milk solids, salt, and other minor ingredients total about 4 percent and the rest is water. Margarines and related products supply primarily fat to the diet. Their fatty acid composition is of interest. It is largely determined by the relative amounts of ingredient oils and the kind and extent of processing they receive. Information on the relative distribution of ingredient oils and their processing is usually provided on the ingredient label. Products with the same ingredient oil formulation tend to become more polyunsaturated in going from stick to tub to liquid.

Whipped margarines do not vary in their relative fatty acid composition from their unwhipped counterparts on an equal weight basis. However, the difference in density of the whipped and nonwhipped forms does affect the volume-weight relationships. Volume-weight relationships of whipped margarine are as follows:

Common measure	Grams
1 cup	151
1 stick	75.6
1 tablespoonful	9.4
1 pat	3.8
1 teaspoonful	3.2

Data for the proximate composition of like products were combined. Thus,

for example, all regular, hard, stick, salted margarines have the same proximate composition.

Salad dressings.--With few exceptions, available data were sparse and rather variable among manufacturers for any given salad dressing. Information was frequently lacking for minerals and vitamins. When this occurred, values included in the table were taken from the 1963 handbook. The fatty acid content is based on that of the ingredient oils. In commercial dressings, unhydrogenated soybean oil is frequently used. Data were lacking for the amino acids. They are generally present in small amounts and their concentration would be dependent on the nonfat ingredients of the dressing.

Shortenings.--Because of medical and consumer interest in polyunsaturated fats, shortenings have been developed that are relatively unsaturated for household use and that maintain desirable quality during storage. Available data indicate that most household shortenings are similar in their fatty acid composition.

Most industrial shortenings are made to meet specified physical and other properties rather than specific fatty acid composition. Economic factors,

such as availability and price of raw materials, tend to cause frequent changes in the oil combinations that manufacturers process by many available techniques into end products with similar desirable physical characteristics but with wide variations in fatty acid composition. The values in the table for industrial shortenings apply to selected examples that are typically used for the purposes indicated in the stub.

For any work requiring exact values on the fatty acid content, an analytical determination is indispensable. Manufacturers may also be able to supply analytical information for products by lot number or by applicable time span. Few data were available on the mineral, vitamin, and sterol content of shortenings.

Isomers.--In most unhydrogenated fats the double bonds occur naturally in the cis-configuration. Hydrogenation causes losses, shifts in location, and rearrangement of the spatial configuration of some double bonds to form isomers. Lack of reliable data precludes the tabulation of values for the isomers of fatty acids in products that are made with hydrogenated fats.

LITERATURE CITED

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APPENDIX

List of Abbreviations

c.....	cup	N.....	nitrogen
g.....	gram	NDB.....	Nutrient Data Bank
IU.....	international unit	No.....	number
kcal.....	kilocalorie	RE.....	retinol equivalent
kJ.....	kilojoule	st.....	stick
mcg.....	microgram	tbsp.....	tablespoonful
mg.....	milligram	tsp.....	teaspoonful

Metric System Equivalents for Units of Measure

Volume

1 teaspoonful	4.9 milliliters
1 tablespoonful	14.8 milliliters
1 cup	236.6 milliliters

Weight

1 ounce	28.35 grams
1 pound	453.6 grams

Specific Factors for Calculating Energy Values

<u>Food or food group</u>	<u>Protein</u> (kcal/g)	<u>Fat</u> (kcal/g)	<u>Carbohydrate</u> (kcal/g)
Animal fats:			
Butter	4.27	8.79	3.87
Other	---	9.02	---
Margarines:			
Animal fats	4.27	9.02	3.87
Vegetable oils	4.27	8.84	3.87
Salad dressings:			
Blue cheese	4.29	8.84	3.67
French, low calorie or regular ...	2.44	8.84	3.80
Italian, low calorie or regular ..	2.44	8.84	3.80
Mayonnaise, all types	4.36	8.84	3.80
Russian:			
Low calorie	2.44	8.84	3.80
Regular	3.40	8.84	3.80
Sesame seed	3.47	8.84	3.80
Thousand Island:			
Low calorie	3.90	8.84	3.80
Regular	4.03	8.84	3.80
Sandwich spread	3.92	8.84	3.80
Shortenings, animal and			
vegetable oils	---	9.00	---
Vegetable fats and oils	---	8.84	---

Conversion Factors for Fatty Acids of Milk and Lauric Acid Oil Lipids

<u>Fatty acid</u>	<u>Conversion factor</u>
4:0867
6:0897
8:0916
10:0929
12:0939
14:0947
16:0953
18:0958
20:0962
16:1953
18:1958
20:1962
18:2957
18:3957
20:4961

GUIDE TO TABLE OF NUTRIENT DATA

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Animal fat:			
Beef tallow	04001	15	
Butter	505	04136	16
Butter oil, anhydrous	506	04137	17
Chicken		04542	18
Duck		04574	19
Goose		04576	20
Lard (pork)	1241	04002	21
Mutton tallow		04520	22
Turkey		04575	23
Vegetable oil:			
Almond (<u>Prunus dulcis</u>)	04529	24	
Apricot kernel (<u>Prunus armeniaca</u>)	04530	25	
Babassu (<u>Orbignya barbosiana</u>)	04534	26	
Cocoa (cacao) butter (<u>Theobroma cacao</u>)	04501	27	
Coconut (<u>Cocos nucifera</u>)	04047	28	
Corn (<u>Zea mays</u>)	1401a	04518	29
Cottonseed (<u>Gossypium</u> spp.)	1401b	04502	30
Cupu assu (<u>Theobroma grandiflorum</u>)		04541	31
Grapeseed (<u>Vitis vinifera</u>)		04517	32
Hazelnut (<u>Corylus avellana</u>)		04532	33
Linseed (<u>Linum usitatissimum</u>)		04050	34
Nutmeg butter (<u>Myristica fragrans</u>)		04572	35
Olive (<u>Olea europaea</u>)	1401c	04053	36
Palm (<u>Elaeis guineensis</u>)		04055	37
Palm kernel (<u>Elaeis guineensis</u>)		04513	38
Peanut (<u>Arachis hypogaea</u>)	1401d	04042	39
Poppyseed (<u>Papaver somniferum</u>)		04514	40
Rapeseed (<u>Brassica</u> spp.):			
Erucic acid content:			
Zero		04503	41
Low (to 30%)		04504	42
Medium (30-45%)		04505	43
High (45% and over)		04508	44
Rice bran (<u>Oryza sativa</u>)		04037	45
Safflower (<u>Carthamus tinctorius</u>):			
Linoleic (over 70%)	1401e	04510	46
Oleic (over 70%)		04511	47
Sesame (<u>Sesamum</u> spp.)	1401f	04058	48
Sheanut (<u>Butyrospermum paradoxum</u>)		04536	49
Soybean (<u>Glycine max</u>)		04044	50
Soybean (hydrogenated)		04034	51
Soybean (hydrogenated) and cottonseed		04543	52
Soybean lecithin		04531	53

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Sunflower (<u>Helianthus annuus</u>):		
Linoleic (less than 60%)	04060	54
Linoleic (60% and over)	04506	55
Hydrogenated	04545	56
Teaseed (<u>Camellia sinensis</u>)	04516	57
Tomatoseed (<u>Lycopersicon esculentum</u>)	04515	58
Ucuhuba butter (<u>Virola spp.</u>)	04573	59
Walnut (<u>Juglans regia</u>)	04528	60
Wheat germ (<u>Triticum aestivum</u>)	04038	61
Margarine:		
Regular, hard, stick or brick:		
Coconut, safflower, coconut (hydrogenated), and palm (hydrogenated)	04522	62
Corn (hydrogenated)	04071	63
Corn and corn (hydrogenated)	04065	64
Corn, soybean (hydrogenated), and cottonseed (hydrogenated):		
Not salted	04068	65
Salted	04067	66
Lard (hydrogenated)	04091	67
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Not salted	04131	81
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Soybean (hydrogenated):			
Not salted	04093	86	
Salted	04094	87	
Soybean (hydrogenated) and cottonseed	04095	88	
Soybean (hydrogenated) and cottonseed (hydrogenated):			
Not salted	04096	89	
Salted	04097	90	
Soybean (hydrogenated), cottonseed (hydrogenated), and soybean	04099	91	
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Soybean (hydrogenated) and cottonseed (hydrogenated)	04106	106	
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Soybean	1938	04025	115
Mayonnaise, imitation:			
Milk cream	04028	116	

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Soybean	04027	117	
Soybean without cholesterol	04029	118	
Mayonnaise type	04018	119	
Russian:			
Low calorie	04022	120	
Regular	04015	121	
Sesame seed	04016	122	
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Low calorie	04023	123	
Regular	04017	124	
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Cooked	1945	04134	126
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Sandwich spread, commercial, unspecified ingredient oils		04030	128
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Household:			
Soybean (hydrogenated) and cottonseed (hydrogenated)		04031	129
Soybean (hydrogenated) and palm		04559	130
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Soybean (hydrogenated) and cottonseed		04554	132
Lard and vegetable oil		04549	133
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Bread:			
Soybean (hydrogenated) and cottonseed		04546	134
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Soybean (hydrogenated) and cottonseed (hydrogenated)		04548	135
Confectionery:			
Coconut (hydrogenated) and/or palm kernel (hydrogenated)		04551	136
Fractionated palm		04570	137
Frying (regular):			
Soybean (hydrogenated) and cottonseed (hydrogenated)		04547	138
Frying (heavy duty):			
Beef tallow and cottonseed		04550	139
Palm (hydrogenated)		04556	140
Soybean (hydrogenated):			
Linoleic (less than 1%)		04560	141
Linoleic (about 30%) (stabilized with silicones)		04552	142

TABLE OF NUTRIENT DATA

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 c = 205 g	1 tbsp = 12.8 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	902.0		1,849.1	115.5	4,091.5	
	kJ	3,774.0		7,736.6	483.1	17,118.7	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		205.0	12.8	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	0.01	1	0.02	0.00	0.04	
Sodium	mg	0.01	1	0.02	0.00	0.05	
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B6	mg						
Folacin	mcg						
Vitamin B12	mcg						
Vitamin A	{ RE						
	IU						
Total tocopherol	mg	1---		---	---	---	
Alpha-tocopherol	mg	2.7	1	5.4	0.3	12.0	
LIPIDS:							
Fatty acids:							
Saturated, total	g	49.8		102.1	6.4	226.0	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.9	5	1.9	0.1	4.1	
14:0	g	3.7	14	7.5	0.5	16.6	
16:0	g	24.9	15	51.1	3.2	113.1	
18:0	g	18.9	15	38.8	2.4	85.8	
Monounsaturated, total	g	41.8		85.6	5.3	189.5	
16:1	g	4.2	15	8.6	0.5	19.1	
18:1	g	36.0	15	73.8	4.6	163.3	
20:1	g	0.3	4	0.5	0.0	1.2	
22:1	g						
Polyunsaturated, total	g	4.0		8.2	0.5	18.2	
18:2	g	3.1	15	6.3	0.4	14.0	
18:3	g	0.6	9	1.3	0.1	2.9	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	109		223	14	494	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 pat = 5 g ²	1 st = 113.4 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	15.87	0.06	522	0.79	18.00	71.99
Food energy	{ kcal	717			36	813	3,251
	kj	3,000			150	3,402	13,607
Protein (N X 6.38)	g	0.85	0.07	16	0.04	0.96	3.86
Total lipid (fat)	g	81.11	0.06	580	4.06	91.98	367.92
Carbohydrate, total	g	0.06			0.00	0.07	0.27
Fiber	g	0			0	0	0
Ash	g	2.11	0.05	35	0.10	2.39	9.57
MINERALS:							
Calcium	mg	24	3.9	6	1	27	107
Iron	mg	0.16	0.02	4	0.01	0.18	0.73
Magnesium	mg	2	0.2	6	0	2	10
Phosphorus	mg	23	2.5	6	1	26	103
Potassium	mg	26	2.3	26	1	29	118
Sodium	mg	826	26.7	12	41	937	3,749
Zinc	mg	0.05	0.01	5	0.00	0.06	0.23
VITAMINS:							
Ascorbic acid	mg	0			0	0	0
Thiamin	mg	0.005	0.001	3	0.000	0.006	0.023
Riboflavin	mg	0.034	0.004	9	0.002	0.039	0.154
Niacin	mg	0.042		2	0.002	0.048	0.191
Pantothenic acid	mg	3	--		--	--	--
Vitamin B ₆	mg	0.003		1	0.000	0.003	0.014
Folacin	mcg	3		2	0	3	13
Vitamin B ₁₂	mcg	--			--	--	--
Vitamin A ⁴	{ RE	754		2,800	38	855	3,420
	IU	3,058		2,800	153	3,468	13,871
Total tocopherol	mg	1.58			0.08	1.79	7.17
Alpha-tocopherol	mg	1.58			0.08	1.79	7.17
LIPIDS:							
Fatty acids: ⁵							
Saturated, total	g	50.5			2.5	57.2	229.0
4:0	g	2.6	0.04	52	0.1	3.0	11.9
6:0	g	1.6	0.03	68	0.1	1.8	7.1
8:0	g	0.9	0.02	89	0.0	1.0	4.1
10:0	g	2.0	0.04	89	0.1	2.3	9.2
12:0	g	2.3	0.05	89	0.1	2.6	10.3
14:0	g	8.2	0.1	88	0.4	9.3	37.0
16:0	g	21.3	0.3	88	1.1	24.2	96.8
18:0	g	9.8	0.1	88	0.5	11.2	44.6
Monounsaturated, total	g	23.4			1.2	26.6	106.3
16:1	g	1.8	0.1	71	0.1	2.1	8.2
18:1	g	20.4	0.3	78	1.0	23.1	92.6
20:1	g						
22:1	g						
Polyunsaturated, total	g	3.0			0.2	3.4	13.7
18:2	g	1.8	0.1	74	0.1	2.1	8.3
18:3	g	1.2	0.1	65	0.1	1.3	5.4
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	219		6	7	11	248
Phytosterols	mg						993
AMINO ACIDS:							
Tryptophan	g	0.012			0.001	0.014	0.054
Threonine	g	0.038			0.002	0.044	0.174
Isoleucine	g	0.051			0.003	0.058	0.233
Leucine	g	0.083			0.004	0.094	0.378
Lysine	g	0.067			0.003	0.076	0.306
Methionine	g	0.021			0.001	0.024	0.097
Cystine	g	0.008			0.000	0.009	0.036
Phenylalanine	g	0.041			0.002	0.047	0.186
Tyrosine	g	0.041			0.002	0.047	0.186
Valine	g	0.057			0.003	0.065	0.258
Arginine	g	0.031			0.002	0.035	0.140
Histidine	g	0.023			0.001	0.026	0.105
Alanine	g	0.029			0.001	0.033	0.133
Aspartic acid	g	0.064			0.003	0.073	0.292
Glutamic acid	g	0.178			0.009	0.202	0.807
Glycine	g	0.018			0.001	0.020	0.082
Proline	g	0.082			0.004	0.093	0.373
Serine	g	0.046			0.002	0.052	0.210

¹ Nutritive values apply to salted butter. Unsalted butter contains 11 mg of sodium per 100 g.² Weight applies to pat, which is 1 inch square, 1/3 inch high, and with a count of 90 per pound.³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.⁴ Values for vitamin A represent year-round average.⁵ Values based on data for fat extracted from whole milk.

ANIMAL FAT
Butter oil, anhydrous

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	0.24	1	0.49	0.03	1.09	
Food energy	{ kcal	876	1	1,795	112	3,972	
	kJ	3,664		7,512	469	16,622	
Protein (N X 6.38)	g	0.28	1	0.57	0.04	1.27	
Total lipid (fat)	g	99.48	1	203.93	12.73	451.24	
Carbohydrate, total	g	0		0	0	0	
Fiber	g	0		0	0	0	
Ash	g	0	1	0	0	0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE	925		1,896	118	4,196	
	IU	3,750		7,688	480	17,010	
Total tocopherol	mg	2.83		5.80	0.36	12.84	
Alpha-tocopherol	mg	---		---	---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	61.9		126.9	7.9	280.9	
4:0	g	3.2		6.6	0.4	14.6	
6:0	g	1.9		3.9	0.2	8.7	
8:0	g	1.1		2.3	0.1	5.0	
10:0	g	2.5		5.1	0.3	11.3	
12:0	g	2.8		5.7	0.4	12.7	
14:0	g	10.0		20.5	1.3	45.4	
16:0	g	26.2		53.6	3.4	118.7	
18:0	g	12.1		24.7	1.5	54.7	
Monounsaturated, total	g	28.7		58.9	3.7	130.3	
16:1	g	2.2		4.6	0.3	10.1	
18:1	g	25.0		51.3	3.2	113.5	
20:1	g						
22:1	g						
Polyunsaturated, total	g	3.7		7.6	0.5	16.8	
18:2	g	2.3		4.6	0.3	10.2	
18:3	g	1.5		3.0	0.2	6.6	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	256	3	19	524	33	1,160
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g	---		---	---	---	
Threonine	g	---		---	---	---	
Isoleucine	g	---		---	---	---	
Leucine	g	---		---	---	---	
Lysine	g	---		---	---	---	
Methionine	g	---		---	---	---	
Cystine	g	---		---	---	---	
Phenylalanine	g	---		---	---	---	
Tyrosine	g	---		---	---	---	
Valine	g	---		---	---	---	
Arginine	g	---		---	---	---	
Histidine	g	---		---	---	---	
Alanine	g	---		---	---	---	
Aspartic acid	g	---		---	---	---	
Glutamic acid	g	---		---	---	---	
Glycine	g	---		---	---	---	
Proline	g	---		---	---	---	
Serine	g	---		---	---	---	

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	G
				E	F		
A	B	C	D	1 c = 205 g	1 tbsp = 12.8 g		
PROXIMATE:							
Water	g	0.2	0.0	3	0.4	0.0	0.8
Food energy	{ kcal	900.4			1,845.8	115.2	4,084.1
	kJ	3,767.2			7,722.7	482.2	17,087.9
Protein	g	0.0			0.0	0.0	0.0
Total lipid (fat)	g	99.8	0.0	3	204.6	12.8	452.8
Carbohydrate, total	g	0.0			0.0	0.0	0.0
Fiber	g	0.0			0.0	0.0	0.0
Ash	g	0.0			0.0	0.0	0.0
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	IU						
Total tocopherol	mg	2.7			5.6	0.3	12.4
Alpha-tocopherol	mg	1	---		---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	29.8			61.2	3.8	135.4
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.1	0.02	14	0.1	0.0	0.3
14:0	g	0.9	0.05	62	1.8	0.1	4.0
16:0	g	21.6	0.4	70	44.2	2.8	97.9
18:0	g	6.0	0.2	70	12.3	0.8	27.3
Monounsaturated, total	g	44.7			91.5	5.7	202.6
16:1	g	5.7	0.2	70	11.7	0.7	25.8
18:1	g	37.3	0.5	70	76.4	4.8	169.1
20:1	g	1.1	0.3	12	2.2	0.1	4.9
22:1	g						
Polyunsaturated, total	g	20.9			42.9	2.7	94.9
18:2	g	19.5	0.6	70	40.1	2.5	88.6
18:3	g	1.0	0.1	56	2.1	0.1	4.7
18:4	g						
20:4	g	0.1	0.04	5	0.1	0.0	0.3
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	85			174	11	386
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

ANIMAL FAT
Duck

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean A	Standard error B	Number of samples C	Approximate measure and weight 1 c = 205 g E	Refuse: 0 1 tbsp = 12.8 g F	G	
PROXIMATE:							
Water	g	0.2	0.0	3	0.4	0.0	0.8
Food energy	{ kcal	900.4			1,845.8	115.2	4,084.1
Food energy	{ kJ	3,767.2			7,722.7	482.2	17,087.9
Protein	g	0.0			0.0	0.0	0.0
Total lipid (fat)	g	99.8	0.0	3	204.6	12.8	452.8
Carbohydrate, total	g	0.0			0.0	0.0	0.0
Fiber	g	0.0			0.0	0.0	0.0
Ash	g	0.0			0.0	0.0	0.0
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
Total tocopherol	IU	1---			---	---	---
Alpha-tocopherol	mg	---			---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	33.2			68.1	4.3	150.7
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.7	0.01	93	1.3	0.1	3.0
16:0	g	24.7	0.2	98	50.6	3.2	111.9
18:0	g	7.8	0.1	98	15.9	1.0	35.3
Monounsaturated, total	g	49.3			101.0	6.3	223.4
16:1	g	4.0	0.1	98	8.1	0.5	17.9
18:1	g	44.2	0.3	98	90.5	5.7	200.4
20:1	g	1.1	0.04	91	2.2	0.1	4.9
22:1	g						
Polyunsaturated, total	g	12.9			26.5	1.7	58.7
18:2	g	12.0	0.2	98	24.6	1.5	54.4
18:3	g	1.0	0.03	93	2.0	0.1	4.4
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	100			205	13	454
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
	A	B	C	D	E	F	G
PROXIMATE:				1 c = 205 g	1 tbsp = 12.8 g		
Water	g	0.2	0.0	3	0.4	0.0	0.8
Food energy	{ kcal	900.4			1,845.8	115.2	4,084.1
	{ kJ	3,767.2			7,722.7	482.2	17,087.9
Protein	g	0.0			0.0	0.0	0.0
Total lipid (fat)	g	99.8	0.0	3	204.6	12.8	452.8
Carbohydrate, total	g	0.0			0.0	0.0	0.0
Fiber	g	0.0			0.0	0.0	0.0
Ash	g	0.0			0.0	0.0	0.0
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	{ IU						
Total tocopherol	mg	1	---		---	---	---
Alpha-tocopherol	mg		---		---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	27.7			56.8	3.5	125.8
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.0	0.0	6	0.1	0.0	0.1
14:0	g	0.5	0.1	21	1.1	0.1	2.4
16:0	g	20.7	0.5	21	42.5	2.7	93.9
18:0	g	6.1	0.2	21	12.5	0.8	27.6
Monounsaturated, total	g	56.7			116.3	7.3	257.3
16:1	g	2.8	0.3	21	5.8	0.4	12.8
18:1	g	53.5	0.9	21	109.7	6.9	242.8
20:1	g	0.1	0.05	2	0.3	0.0	0.6
22:1	g						
Polysaturated, total	g	11.0			22.5	1.4	49.8
18:2	g	9.8	0.5	21	20.0	1.2	44.3
18:3	g	0.5	0.3	6	1.1	0.1	2.4
18:4	g						
20:4	g	0.0		1	0.0	0.0	0.0
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	100			205	13	454
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

ANIMAL FAT
Lard (pork)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean A	Standard error B	Number of samples C	Approximate measure and weight		Refuse: 0 G
				1 c = 205 g E	1 tbsp = 12.8 g F	
PROXIMATE:						
Water	g	0.0		0.0	0.0	0.0
Food energy	{ kcal	902.0		1,849.1	115.5	4,091.5
	kJ	3,774.0		7,736.6	483.1	17,118.7
Protein	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	100.0		205.0	12.8	453.6
Carbohydrate, total	g	0.0		0.0	0.0	0.0
Fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.0		0.0	0.0	0.0
MINERALS:						
Calcium	mg	0.07	1	0.13	0.01	0.29
Iron	mg					
Magnesium	mg	0.02	1	0.03	0.00	0.08
Phosphorus	mg					
Potassium	mg	0.02	0.00	3	0.04	0.08
Sodium	mg	0.01	0.00	3	0.03	0.06
Zinc	mg	0.11	1	0.23	0.01	0.50
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	IU					
Total tocopherol	mg	1.3		2.7	0.2	6.1
Alpha-tocopherol	mg	1.2		2.5	0.2	5.4
LIPIDS:						
Fatty acids:						
Saturated, total	g	39.2		80.4	5.0	178.0
4:0	g					
6:0	g					
8:0	g					
10:0	g	0.1	0.01	18	0.1	0.2
12:0	g	0.2	0.1	22	0.4	0.8
14:0	g	1.3	0.1	33	2.6	5.8
16:0	g	23.8	0.3	38	48.7	107.8
18:0	g	13.5	0.4	38	27.6	61.1
Monounsaturated, total	g	45.1			92.5	204.7
16:1	g	2.7	0.3	36	5.6	12.3
18:1	g	41.2	0.5	38	84.5	187.1
20:1	g	1.0	0.2	7	2.1	4.6
22:1	g					
Polyunsaturated, total	g	11.2		23.0	1.4	51.0
18:2	g	10.2	0.2	38	20.9	46.1
18:3	g	1.0	0.1	29	2.1	4.7
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	95		195	12	431
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

ANIMAL FAT
Mutton tallow

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean A	Standard error B	Number of samples C	Approximate measure and weight			
				1 c = 205 g E	1 tbsp = 12.8 g F		
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	902.0		1,849.1	115.5	4,091.5	
	{ kJ	3,774.0		7,736.6	483.1	17,118.7	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		205.0	12.8	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	{ IU						
Total tocopherol	mg	1 ---		---	---	---	
Alpha-tocopherol	mg	---		---	---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	47.3		96.9	6.1	214.4	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	3.8	0.2	64	7.8	0.5	
16:0	g	21.5	0.3	64	44.2	2.8	
18:0	g	19.5	0.8	64	39.9	2.5	
Monounsaturated, total	g	40.6			83.2	5.2	
16:1	g	2.3	0.2	31	4.7	0.3	
18:1	g	37.6	0.5	64	77.1	4.8	
20:1	g						
22:1	g						
Polyunsaturated, total	g	7.8			15.9	1.0	
18:2	g	5.5	0.3	64	11.2	0.7	
18:3	g	2.3	0.1	64	4.7	0.3	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	102		209	13	463	
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

ANIMAL FAT
Turkey

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean A	Standard error B	Number of samples C	Approximate measure and weight		Refuse: 0 G	
				1 c = 205 g E	1 tbsp = 12.8 g F		
PROXIMATE:							
Water	g	0.2	0.0	3	0.4	0.0	0.8
Food energy	{ kcal	900.4			1,845.8	115.2	4,084.1
	kJ	3,767.2			7,722.7	482.2	17,087.9
Protein	g	0.0			0.0	0.0	0.0
Total lipid (fat)	g	99.8	0.0	3	204.6	12.8	452.8
Carbohydrate, total	g	0.0			0.0	0.0	0.0
Fiber	g	0.0			0.0	0.0	0.0
Ash	g	0.0			0.0	0.0	0.0
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B6	mg						
Folacin	mcg						
Vitamin B12	mcg						
Vitamin A	{ RE						
	{ IU						
Total tocopherol	mg	1---			---	---	---
Alpha-tocopherol	mg	---			---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	29.4			60.4	3.8	133.6
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.0	0.0	3	0.1	0.0	0.1
14:0	g	0.9	0.1	32	1.8	0.1	4.0
16:0	g	20.6	0.5	32	42.3	2.6	93.5
18:0	g	6.2	0.3	32	12.6	0.8	27.9
Monounsaturated, total	g	42.9			87.9	5.5	194.4
16:1	g	6.0	0.3	32	12.2	0.8	27.1
18:1	g	35.9	0.8	32	73.5	4.6	162.7
20:1	g						
22:1	g						
Polyunsaturated, total	g	23.1			47.4	3.0	104.9
18:2	g	21.2	0.7	32	43.4	2.7	96.0
18:3	g	1.4	0.1	32	2.8	0.2	6.2
18:4	g						
20:4	g	0.3	0.03	11	0.5	0.0	1.2
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	102			209	13	463
Phytosterols	mg						
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

VEGETABLE OIL
Almond (*Prunus dulcis*)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	0.0		0.0	0.0	0.0
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8
	kJ	3,698.7		8,063.1	503.0	16,777.1
Protein	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	100.0		218.0	13.6	453.6
Carbohydrate, total	g	0.0		0.0	0.0	0.0
Fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.0		0.0	0.0	0.0
MINERALS:						
Calcium	mg					
Iron	mg					
Magnesium	mg					
Phosphorus	mg					
Potassium	mg					
Sodium	mg					
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	IU					
Total tocopherol	mg	40.1		87.4	5.5	181.9
Alpha-tocopherol	mg	39.2		85.5	5.3	177.8
LIPIDS:						
Fatty acids:						
Saturated, total	g	8.2		18.0	1.1	37.4
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.0	0.01	23	0.0	0.0
16:0	g	6.5	0.1	91	14.2	0.9
18:0	g	1.7	0.1	90	3.7	0.2
Monounsaturated, total	g	69.9			152.4	9.5
16:1	g	0.6	0.03	89	1.2	0.1
18:1	g	69.4	0.4	91	151.2	9.4
20:1	g					
22:1	g					
Polyunsaturated, total	g	17.4			38.0	2.4
18:2	g	17.4	0.4	91	38.0	2.4
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	1	---			
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight		
	A	B	C	E	F	
PROXIMATE:						
Water	g	0.0		0.0	0.0	0.0
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8
	kJ	3,698.7		8,063.1	503.0	16,777.1
Protein	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	100.0		218.0	13.6	453.6
Carbohydrate, total	g	0.0		0.0	0.0	0.0
Fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.0		0.0	0.0	0.0
MINERALS:						
Calcium	mg					
Iron	mg					
Magnesium	mg					
Phosphorus	mg					
Potassium	mg					
Sodium	mg					
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	IU					
Total tocopherol	mg	50.5		110.1	6.9	229.1
Alpha-tocopherol	mg	4.0		8.7	0.5	18.1
LIPIDS:						
Fatty acids:						
Saturated, total	g	6.3		13.7	0.9	28.6
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	5.8	0.1	54	12.6	0.8
18:0	g	0.5	0.1	53	1.1	0.1
Monounsaturated, total	g	60.0			130.7	8.2
16:1	g	1.5	0.1	51	3.3	0.2
18:1	g	58.5	0.8	54	127.5	8.0
20:1	g					
22:1	g					
Polyunsaturated, total	g	29.3			63.9	4.0
18:2	g	29.3	0.7	54	63.9	4.0
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	1--				
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

VEGETABLE OIL

Babassu (*Orbignya barbosiana*)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Refuse: 0 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight			
	A	B	C	D	E	F	G
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	0.0
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
	{ kJ	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothentic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	{ IU						
Total tocopherol	mg	1---		---	---	---	
Alpha-tocopherol	mg	---		---	---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	81.2		177.0	11.0	368.4	
4:0	g						
6:0	g	0.2	0.1	3	0.5	0.0	1.1
8:0	g	6.0	0.3	6	13.0	0.8	27.0
10:0	g	5.5	0.4	6	12.0	0.7	24.9
12:0	g	43.5	0.7	6	94.8	5.9	197.2
14:0	g	15.0	0.4	6	32.7	2.0	68.0
16:0	g	8.2	0.2	6	17.9	1.1	37.3
18:0	g	2.8	0.2	6	6.2	0.4	12.9
Monounsaturated, total	g	11.4			24.9	1.6	51.9
16:1	g	0.0	0.0	2	0.0	0.0	0.0
18:1	g	11.4	0.5	6	24.9	1.6	51.9
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.6			3.5	0.2	7.2
18:2	g	1.6	0.3	6	3.5	0.2	
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---		---	---	---	
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				A	B		
PROXIMATE:				1 c = 218 g	1 tbsp = 13.6 g		
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
	kJ	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B6	mg						
Folacin	mcg						
Vitamin B12	mcg						
Vitamin A	{ RE						
	IU						
Total tocopherol	mg	19.9	2.3	6	43.3	2.7	90.1
Alpha-tocopherol	mg	1.8	0.3	6	3.9	0.2	8.1
LIPIDS:							
Fatty acids:							
Saturated, total	g	59.7			130.2	8.1	271.0
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.0	0.003	49	0.0	0.0	0.0
14:0	g	0.1	0.01	141	0.2	0.0	0.4
16:0	g	25.4	0.1	154	55.4	3.5	115.4
18:0	g	33.2	0.1	154	72.5	4.5	150.8
Monounsaturated, total	g	32.9			71.7	4.5	149.2
16:1	g	0.2	0.02	108	0.5	0.0	1.0
18:1	g	32.6	0.1	154	71.0	4.4	147.8
20:1	g	0.0	0.01	21	0.1	0.0	0.1
22:1	g						
Polyunsaturated, total	g	3.0			6.5	0.4	13.4
18:2	g	2.8	0.05	154	6.2	0.4	12.9
18:3	g	0.1	0.01	117	0.3	0.0	0.6
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg				---	---	---
Phytosterols	mg	L--			---	---	---
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

VEGETABLE OIL
Coconut (*Cocos nucifera*)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse:0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
	A	B	C	E 1 c = 218 g	F 1 tbsp = 13.6 g		
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
	kJ	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg	0.04	1	0.08	0.01	0.17	
Magnesium	mg						
Phosphorus	mg	0.09	1	0.20	0.01	0.41	
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	IU						
Total tocopherol	mg	3.6		7.8	0.5	16.3	
Alpha-tocopherol	mg	0.4		0.9	0.1	1.8	
LIPIDS:							
Fatty acids:							
Saturated, total	g	86.5		188.5	11.8	392.2	
4:0	g						
6:0	g	0.6	0.1	1.2	0.1	2.6	
8:0	g	7.5	0.4	16.4	1.0	34.0	
10:0	g	6.0	0.2	13.2	0.8	27.4	
12:0	g	44.6	0.6	97.3	6.1	202.4	
14:0	g	16.8	0.3	36.6	2.3	76.1	
16:0	g	8.2	0.3	17.8	1.1	37.1	
18:0	g	2.8	0.3	6.0	0.4	12.6	
Monounsaturated, total	g	5.8		12.7	0.8	26.4	
16:1	g						
18:1	g	5.8	0.3	12.7	0.8	26.4	
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.8		3.9	0.2	8.2	
18:2	g	1.8	0.1	3.9	0.2	8.2	
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	86	3	4	186	12	388
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

VEGETABLE OIL
Corn (*Zea mays*)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean A	Standard error B	Number of samples C	Approximate measure and weight 1 c = 218 g 1 tbsp = 13.6 g E	Refuse:0 F		G
PROXIMATE:				1 c = 218 g 1 tbsp = 13.6 g			
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
	kJ	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	IU						
Total tocopherol	mg.	83.2	4.8	46	181.3	11.3	377.3
Alpha-tocopherol	mg.	14.3	1.0	46	31.1	1.9	64.7
LIPIDS:							
Fatty acids:							
Saturated, total	g	12.7			27.7	1.7	57.7
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.0	0.002	232	0.0	0.0	0.0
14:0	g	0.0	0.002	235	0.0	0.0	0.1
16:0	g	10.9	0.02	298	23.7	1.5	49.3
18:0	g	1.8	0.04	298	4.0	0.2	8.3
Monounsaturated, total	g	24.2			52.7	3.3	109.6
16:1	g						
18:1	g	24.2	0.04	224	52.7	3.3	109.6
20:1	g						
22:1	g						
Polyunsaturated, total	g	58.7			128.0	8.0	266.3
18:2	g	58.0	0.1	298	126.5	7.9	263.2
18:3	g	0.7	0.03	280	1.5	0.1	3.2
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	968	84	8	2,111	132	4,391
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean A	Standard error B	Number of samples C	Approximate measure and weight			
				1 c = 218 g E	1 tbsp = 13.6 g F		
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
	kJ	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	IU						
Total tocopherol	mg	65.2	2.2	25	142.2	8.9	
Alpha-tocopherol	mg	35.3	3.4	25	76.9	4.8	
LIPIDS:							
Fatty acids:							
Saturated, total	g	25.9			56.4	3.5	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.8	0.02	115	1.8	0.1	
16:0	g	22.7	0.2	121	49.5	3.1	
18:0	g	2.3	0.04	121	5.1	0.3	
Monounsaturated, total	g	17.8			38.9	2.4	
16:1	g	0.8	0.03	120	1.8	0.1	
18:1	g	17.0	0.3	124	37.1	2.3	
20:1	g						
22:1	g						
Polyunsaturated, total	g	51.9			113.1	7.1	
18:2	g	51.5	0.4	123	112.4	7.0	
18:3	g	0.2	0.03	59	0.5	0.0	
18:4	g						
20:4	g	0.1	0.02	48	0.3	0.0	
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	324	15	9	706	44	
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

VEGETABLE OIL

Cupu assu (*Theobroma grandiflorum*)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				E	F		
A	B	C	D	1 c = 218 g	1 tbsp = 13.6 g	G	
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
	{ kJ	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	{ IU						
Total tocopherol	mg	1---		---	---	---	
Alpha-tocopherol	mg	---		---	---	---	
LIPIDS:							
Fatty acids: ²							
Saturated, total	g	53.2		115.9	7.2	241.2	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.9	1	1.9	0.1	3.9	
16:0	g	9.6	1	20.9	1.3	43.6	
18:0	g	32.7	1	71.3	4.4	148.3	
Monounsaturated, total	g	38.7		84.4	5.3	175.6	
16:1	g						
18:1	g	38.7	1	84.4	5.3	175.6	
20:1	g						
22:1	g						
Polyunsaturated, total	g	3.8		8.3	0.5	17.3	
18:2	g	3.8	1	8.3	0.5	17.3	
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---		---	---	---	
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.² Contains 10.0 g 20:0.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight		
	A	B	C	E	F	
PROXIMATE:				1 c = 218 g	1 tbsp = 13.6 g	
Water	g	0.0		0.0	0.0	0.0
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8
	kJ	3,698.7		8,063.1	503.0	16,777.1
Protein	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	100.0		218.0	13.6	453.6
Carbohydrate, total	g	0.0		0.0	0.0	0.0
Fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.0		0.0	0.0	0.0
MINERALS:						
Calcium	mg					
Iron	mg					
Magnesium	mg					
Phosphorus	mg					
Potassium	mg					
Sodium	mg					
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	IU					
Total tocopherol	mg	1 --				
Alpha-tocopherol	mg	---				
PROTEINS:						
Fatty acids:						
Saturated, total	g	9.6		20.9	1.3	43.5
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.1	0.02	10	0.1	0.0
16:0	g	6.7	0.1	19	14.5	0.9
18:0	g	2.7	0.2	19	6.0	0.4
Monounsaturated, total	g	16.1			35.2	12.4
16:1	g	0.3	0.2	3	0.7	0.0
18:1	g	15.8	0.6	19	34.4	2.1
20:1	g					
22:1	g					
Polysaturated, total	g	69.9		152.3	9.5	316.9
18:2	g	69.6	0.7	19	151.8	9.5
18:3	g	0.1	0.1	13	0.2	0.0
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	---				
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

VEGETABLE OIL

Hazelnut (*Corylus avellana*)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 c = 218 g	1 tbsp = 13.6 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
	kJ	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
Total tocopherol	IU						
Alpha-tocopherol	mg	---		---	---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	7.4		16.2	1.0	33.6	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.0	0.0	7	0.0	0.0	
14:0	g	0.1	0.04	12	0.2	0.5	
16:0	g	5.2	0.1	111	11.4	23.7	
18:0	g	2.0	0.1	110	4.4	9.1	
Monounsaturated, total	g	78.0		170.1	10.6	353.9	
16:1	g	0.2	0.01	104	0.4	0.8	
18:1	g	77.8	0.3	111	169.6	352.9	
20:1	g	0.0	0.003	96	0.0	0.0	
22:1	g						
Polyunsaturated, total	g	10.2		22.1	1.4	46.1	
18:2	g	10.1	0.3	111	22.1	46.0	
18:3	g	0.0	0.01	101	0.0	0.1	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---		---	---	---	
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 c = 218 g	1 tbsp = 13.6 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
	kJ	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg	0.05	0.05	2	0.11	0.01	
Iron	mg					0.23	
Magnesium	mg	0.04		1	0.09	0.01	
Phosphorus	mg	0.20		1	0.44	0.03	
Potassium	mg					0.18	
Sodium	mg					0.91	
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	IU						
Total tocopherol	mg	1---			---	---	
Alpha-tocopherol	mg	---			---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	9.4			20.6	1.3	
4:0	g					42.9	
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	5.3	0.2	90	11.6	0.7	
18:0	g	4.1	0.1	90	9.0	0.6	
Monounsaturated, total	g	20.2			44.0	2.7	
16:1	g					91.5	
18:1	g	20.2	0.5	90	44.0	2.7	
20:1	g					91.5	
22:1	g						
Polyunsaturated, total	g	66.0			143.8	9.0	
18:2	g	12.7	0.2	90	27.6	1.7	
18:3	g	53.3	0.7	90	116.2	7.3	
18:4	g					241.8	
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---			---	---	
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

VEGETABLE OIL

Nutmeg butter (*Myristica fragrans*)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean A	Standard error B	Number of samples C	Approximate measure and weight 1 c = 218 g 1 tbsp = 13.6 g E F G		
PROXIMATE:						
Water	g	0.0		0.0	0.0	0.0
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8
	kJ	3,698.7		8,063.1	503.0	16,777.1
Protein	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	100.0		218.0	13.6	453.6
Carbohydrate, total	g	0.0		0.0	0.0	0.0
Fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.0		0.0	0.0	0.0
MINERALS:						
Calcium	mg					
Iron	mg					
Magnesium	mg					
Phosphorus	mg					
Potassium	mg					
Sodium	mg					
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B6	mg					
Folacin	mcg					
Vitamin B12	mcg					
Vitamin A	{ RE					
	{ IU					
Total tocopherol	mg	1---		---	---	---
Alpha-tocopherol	mg	---		---	---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	90.0		196.1	12.2	408.1
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	3.1	1	6.8	0.4	14.1
14:0	g	82.6	1	180.0	11.2	374.6
16:0	g	4.3	1	9.4	0.6	19.5
18:0	g					
Monounsaturated, total	g	4.8		10.4	0.7	21.7
16:1	g					
18:1	g	4.8	1	10.4	0.7	21.7
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.0		0.0	0.0	0.0
18:2	g					
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	---		---	---	---
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

VEGETABLE OIL
Olive (*Olea europaea*)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 c = 216 g	1 tbsp = 13.5 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	0.0		0.0	0.0		0.0
Food energy	{ kcal	884.0		1,909.4	119.3		4,009.8
	kJ	3,698.7		7,989.1	499.3		16,777.1
Protein	g	0.0		0.0	0.0		0.0
Total lipid (fat)	g	100.0		216.0	13.5		453.6
Carbohydrate, total	g	0.0		0.0	0.0		0.0
Fiber	g	0.0		0.0	0.0		0.0
Ash	g	0.0	0.0	0.0	0.0		0.0
MINERALS:							
Calcium	mg	0.18	0.11	5	0.38	0.02	0.80
Iron	mg	0.38	0.07	71	0.83	0.05	1.74
Magnesium	mg	0.01	0.00	5	0.02	0.00	0.03
Phosphorus	mg	1.22	0.51	46	2.63	0.16	5.52
Potassium	mg						
Sodium	mg	0.04	0.00	76	0.08	0.00	0.17
Zinc	mg	0.06	0.03	27	0.13	0.01	0.27
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE IU						
Total tocopherol	mg	12.6	2.2	13	27.3	1.7	57.3
Alpha-tocopherol	mg	11.9	2.2	13	25.7	1.6	54.1
LIPIDS:							
Fatty acids:							
Saturated, total	g	13.5	13.5		29.2	1.8	61.3
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.0	0.0	16	0.0	0.0	0.0
16:0	g	11.0	0.1	213	23.8	1.5	49.9
18:0	g	2.2	0.0	213	4.8	0.3	10.0
Monounsaturated, total	g	73.7			159.1	9.9	334.1
16:1	g	0.8	0.03	212	1.7	0.1	3.6
18:1	g	72.5	0.3	213	156.6	9.8	328.9
20:1	g	0.3	0.0	76	0.6	0.0	1.3
22:1	g						
Polyunsaturated, total	g	8.4			18.2	1.1	38.3
18:2	g	7.9	0.2	213	17.0	1.1	35.7
18:3	g	0.6	0.03	186	1.2	0.1	2.5
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	221	42	13	477	30	1,001
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Compiled without Tunisian olive oil data.

VEGETABLE OIL
Palm (*Elaeis guineensis*)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse:0	
	Mean A	Standard error B	Number of samples C	Approximate measure and weight			
				1 c = 218 g E	1 tbsp = 13.6 g F		
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
	kJ	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg	0.01		1	0.02	0.00	
Magnesium	mg						
Phosphorus	mg	0.15		1	0.33	0.02	
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B6	mg						
Folacin	mcg						
Vitamin B12	mcg						
Vitamin A	{ RE						
	IU						
Total tocopherol	mg	38.4	8.3	5	83.7	5.2	
Alpha-tocopherol	mg	19.1	2.8	5	41.7	2.6	
LIPIDS:							
Fatty acids:							
Saturated, total	g	49.3			107.4	6.7	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.1	0.04	12	0.3	0.0	
14:0	g	1.0	0.1	15	2.2	0.1	
16:0	g	43.5	0.5	15	94.8	5.9	
18:0	g	4.3	0.4	15	9.4	0.6	
Monounsaturated, total	g	37.0			80.6	5.0	
16:1	g	0.3	0.1	7	0.6	0.0	
18:1	g	36.6	0.6	15	79.8	5.0	
20:1	g	0.1	0.1	4	0.3	0.0	
22:1	g						
Polyunsaturated, total	g	9.3			20.3	1.3	
18:2	g	9.1	0.4	15	19.7	1.2	
18:3	g	0.2	0.05	9	0.5	0.0	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	49.0			106.8	6.7	
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

VEGETABLE OIL

Palm kernel (*Elaeis guineensis*)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	0.0
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
	kJ	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
Total tocopherol	IU	6.2	3.1	3	13.5	0.8	28.1
Alpha-tocopherol	mg	---	---	---	---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	81.4			177.4	11.1	369.2
4:0	g			9	0.3	0.0	0.7
6:0	g	0.2	0.1		7.2	0.4	14.9
8:0	g	3.3	0.4	14	8.1	0.5	16.8
10:0	g	3.7	0.3	14	102.5	6.4	213.3
12:0	g	47.0	1.1	14	35.7	2.2	74.4
14:0	g	16.4	0.5	14	17.6	1.1	36.6
16:0	g	8.1	0.4	14	6.1	0.4	12.6
18:0	g	2.8	0.4	14	24.8	1.5	51.6
Monounsaturated, total	g	11.4					
16:1	g						
18:1	g	11.4	0.9	14	24.8	1.5	51.6
20:1	g						
22:1	g						
Polyunsaturated, total	g	1.6			3.4	0.2	7.1
18:2	g	1.6	0.2	14	3.4	0.2	7.1
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	95			207	13	431
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

VEGETABLE OIL

Peanut (*Arachis hypogaea*)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	G
				1 c = 216 g	1 tbsp = 13.5 g		
A	B	C	D	E	F		
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	0.0
Food energy	{ kcal	884.0		1,909.4	119.3	4,009.8	
	kJ	3,698.7		7,989.1	499.3	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		216.0	13.5	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg	0.09	0.02	9	0.20	0.01	0.41
Iron	mg	0.03	0.003	9	0.06	0.00	0.14
Magnesium	mg	0.04	0.02	8	0.08	0.01	0.17
Phosphorus	mg						
Potassium	mg	0.01	0.004	6	0.03	0.00	0.06
Sodium	mg	0.11	0.04	11	0.24	0.01	0.49
Zinc	mg	0.01		1	0.02	0.00	0.05
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	IU						
Total tocopherol	mg	25.0	1.9	28	54.0	3.4	113.4
Alpha-tocopherol	mg	11.6	1.0	28	25.1	1.6	52.7
LIPIDS:							
Fatty acids:							
Saturated, total	g	16.9			36.4	2.3	76.5
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.1	0.1	4	0.3	0.0	0.6
16:0	g	9.5	0.2	15	20.4	1.3	42.9
18:0	g	2.2	0.2	15	4.7	0.3	9.9
Monounsaturated, total	g	46.2			99.9	6.2	209.7
16:1	g	0.1	0.1	4	0.3	0.0	0.5
18:1	g	44.8	1.8	15	96.7	6.0	203.1
20:1	g	1.3	0.1	14	2.9	0.2	6.0
22:1	g						
Polyunsaturated, total	g	32.0			69.2	4.3	145.2
18:2	g	32.0	1.7	15	69.2	4.3	145.2
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	207	43	8	448	28	940
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

VEGETABLE OIL

Poppyseed (*Papaver somniferum*)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
	A	B	C	E	F		
PROXIMATE:				1 c = 218 g	1 tbsp = 13.6 g		
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
	kJ	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	IU						
Total tocopherol	mg	1---		---	---	---	
Alpha-tocopherol	mg	---		---	---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	13.5		29.4	1.8	61.1	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	10.6	1	23.1	1.4	48.1	
18:0	g	2.9	1	6.3	0.4	13.0	
Monounsaturated, total	g	19.7		42.9	2.7	89.3	
16:1	g						
18:1	g	19.7	1	42.9	2.7	89.3	
20:1	g						
22:1	g						
Polyunsaturated, total	g	62.4		136.1	8.5	283.2	
18:2	g	62.4	1	136.1	8.5	283.2	
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---		---	---	---	
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

VEGETABLE OIL

Rapeseed (*Brassica spp.*), erucic acid content, zero¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight	1 c = 218 g 1 tbsp = 13.6 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	0.0		0.0	0.0	0.0
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8
	{ kJ	3,698.7		8,063.1	503.0	16,777.1
Protein	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	100.0		218.0	13.6	453.6
Carbohydrate, total	g	0.0		0.0	0.0	0.0
Fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.0		0.0	0.0	0.0
MINERALS:						
Calcium	mg					
Iron	mg					
Magnesium	mg					
Phosphorus	mg					
Potassium	mg					
Sodium	mg					
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	{ IU					
Total tocopherol	mg	2---		---	---	---
Alpha-tocopherol	mg	---		---	---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	6.8		14.8	0.9	30.8
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	4.8	0.1	37	10.4	0.6
18:0	g	1.6	0.1	13	3.4	0.2
Monounsaturated, total	g	55.5			121.1	7.6
16:1	g	0.5	0.1	10	1.0	0.1
18:1	g	53.8	1.3	37	117.3	7.3
20:1	g	1.0	0.1	37	2.1	0.1
22:1	g	0.1	0.04	37	0.2	0.0
Polyunsaturated, total	g	33.3			72.5	4.5
18:2	g	22.1	1.0	37	48.2	3.0
18:3	g	11.1	0.3	37	24.1	1.5
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	---		---	---	---
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Edible.² Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

VEGETABLE OIL

Rapeseed (*Brassica spp.*), erucic acid content, low (to 30%)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 c = 218 g	1 tbsp = 13.6 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	0.0
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
	kJ	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	(IU)						
Total tocopherol	mg	2--		---	---	---	
Alpha-tocopherol	mg	---		---	---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	5.6		12.1	0.8	25.2	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	3.1	0.1	33	6.7	0.4	14.0
18:0	g	1.2	0.1	33	2.7	0.2	5.5
Monounsaturated, total	g	62.4			135.9	8.5	282.8
16:1	g	0.3	0.02	28	0.6	0.0	1.2
18:1	g	29.2	1.0	33	63.6	4.0	132.4
20:1	g	10.7	0.4	33	23.2	1.5	48.4
22:1	g	21.3	1.2	33	46.4	2.9	96.5
Polyunsaturated, total	g	27.7			60.4	3.8	125.6
18:2	g	17.5	0.5	33	38.2	2.4	79.5
18:3	g	9.4	0.3	33	20.4	1.3	42.4
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---		---	---	---	
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Inedible.² Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

VEGETABLE OIL

Rapeseed/*Brassica* spp.), erucic acid content, medium (30-45%)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight	Refuse: 0		G
A	B	C	D	E	F		
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	0.0
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
	kJ	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	IU						
Total tocopherol	mg	2---		---	---	---	---
Alpha-tocopherol	mg	---		---	---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	5.4		11.7	0.7	24.3	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	2.9	0.1	42	6.2	0.4	13.0
18:0	g	1.1	0.03	41	2.4	0.1	5.0
Monounsaturated, total	g	66.4			144.8	9.0	301.2
16:1	g	0.3	0.02	34	0.6	0.0	1.3
18:1	g	17.3	0.6	42	37.7	2.3	78.3
20:1	g	10.9	0.2	42	23.7	1.5	49.4
22:1	g	37.0	0.6	42	80.6	5.0	167.7
Polyunsaturated, total	g	23.8			52.0	3.2	108.2
18:2	g	14.1	0.2	42	30.8	1.9	64.1
18:3	g	8.7	0.2	42	18.9	1.2	39.3
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---		---	---	---	---
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Inedible.² Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

VEGETABLE OIL

Rapeseed (*Brassica* spp.), erucic acid content, high (45% and over)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight	1 c = 218 g 1 tbsp = 13.6 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	0.0		0.0	0.0	0.0
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8
	kJ	3,698.7		8,063.1	503.0	16,777.1
Protein	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	100.0		218.0	13.6	453.6
Carbohydrate, total	g	0.0		0.0	0.0	0.0
Fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.0		0.0	0.0	0.0
MINERALS:						
Calcium	mg					
Iron	mg					
Magnesium	mg					
Phosphorus	mg					
Potassium	mg					
Sodium	mg					
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	IU					
Total tocopherol	mg	2---		---	---	---
Alpha-tocopherol	mg	---		---	---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	5.0		10.8	0.7	22.5
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	2.6	0.1	114	5.7	0.4
18:0	g	0.9	0.0	113	2.0	0.1
Monounsaturated, total	g	68.1			148.4	9.3
16:1	g	0.3	0.01	111	0.6	0.0
18:1	g	11.2	0.2	115	24.4	1.5
20:1	g	7.5	0.1	113	16.4	1.0
22:1	g	48.1	0.3	115	104.8	6.5
Polyunsaturated, total	g	22.5			49.1	3.1
18:2	g	12.8	0.1	115	27.9	1.7
18:3	g	8.6	0.1	115	18.7	1.2
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	---				
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Inedible.² Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

VEGETABLE OIL
Rice bran (*Oryza sativa*)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse:0
	Mean A	Standard error B	Number of samples C	Approximate measure and weight 1 c = 218 g E	1 tbsp = 13.6 g F	
PROXIMATE:						
Water	g	0.0		0.0	0.0	0.0
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8
	kJ	3,698.7		8,063.1	503.0	16,777.1
Protein	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	100.0		218.0	13.6	453.6
Carbohydrate, total	g	0.0		0.0	0.0	0.0
Fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.0		0.0	0.0	0.0
MINERALS:						
Calcium	mg					
Iron	mg	0.07	0.02	3	0.15	0.01
Magnesium	mg					0.30
Phosphorus	mg					
Potassium	mg					
Sodium	mg					
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	{ IU					
Total tocopherol	mg	38.8		1	84.6	5.3
Alpha-tocopherol	mg	32.3		1	70.4	4.4
LIPIDS:						
Fatty acids:						
Saturated, total	g	19.7			42.9	2.7
4:0	g					89.2
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.7	0.1	28	1.5	0.1
16:0	g	16.9	0.4	31	36.8	2.3
18:0	g	1.6	0.1	29	3.5	0.2
Monounsaturated, total	g	39.3			85.7	5.3
16:1	g	0.2	0.04	9	0.5	0.0
18:1	g	39.1	0.4	38	85.2	5.3
20:1	g					177.3
22:1	g					
Polyunsaturated, total	g	35.0			76.4	4.8
18:2	g	33.4	0.4	38	72.9	4.5
18:3	g	1.6	0.2	34	3.5	0.2
18:4	g					158.9
20:4	g					151.6
20:5	g					7.3
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	1,190	135	2	2,594	162
AMINO ACIDS:						5,398
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

VEGETABLE OIL

Safflower (*Carthamus tinctorius*), linoleic (over 70%)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight	1 c = 218 g 1 tbsp = 13.6 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	0.0		0.0	0.0	0.0
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8
	kJ	3,698.7		8,063.1	503.0	16,777.1
Protein	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	100.0		218.0	13.6	453.6
Carbohydrate, total	g	0.0		0.0	0.0	0.0
Fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.0		0.0	0.0	0.0
MINERALS:						
Calcium	mg					
Iron	mg					
Magnesium	mg					
Phosphorus	mg					
Potassium	mg					
Sodium	mg					
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	IU					
Total tocopherol	mg	38.1	7.7	3	83.1	5.2
Alpha-tocopherol	mg	34.1	6.3	3	74.2	4.6
LIPIDS:						
Fatty acids:						
Saturated, total	g	9.1			19.8	1.2
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.1	0.02	22	0.2	0.0
16:0	g	6.2	0.1	90	13.5	0.8
18:0	g	2.2	0.1	78	4.7	0.3
Monounsaturated, total	g	12.1			26.3	1.6
16:1	g	0.4	0.1	15	0.8	0.0
18:1	g	11.7	0.2	90	25.5	1.6
20:1	g					
22:1	g					
Polyunsaturated, total	g	74.5			162.4	10.1
18:2	g	74.1	0.3	90	161.5	10.1
18:3	g	0.4	0.1	29	0.9	0.1
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	444.0			967.9	60.4
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Values reflect primary oil of commerce; oils intermediary to high linoleic and high oleic are available.

VEGETABLE OIL

Safflower (*Carthamus tinctorius*), oleic (over 70%)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean A	Standard error B	Number of samples C	Approximate measure and weight			
				1 c = 218 g	1 tbsp = 13.6 g		
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
	kJ	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B6	mg						
Folacin	mcg						
Vitamin B12	mcg						
Vitamin A	{ RE						
	IU						
Total tocopherol	mg	2---		---	---	---	
Alpha-tocopherol	mg	---		---	---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	6.1		13.3	0.8	27.7	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	4.8	0.1	17	10.5	0.7	
18:0	g	1.3	0.1	9	2.8	0.2	
Monounsaturated, total	g	75.3			164.1	10.2	
16:1	g						
18:1	g	75.3	0.8	17	164.1	10.2	
20:1	g						
22:1	g						
Polyunsaturated, total	g	14.2			31.0	1.9	
18:2	g	14.2	0.8	17	31.0	1.9	
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---					
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Values reflect a secondary oil of commerce; oils intermediary to high linoleic and high oleic are available.² Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	G
				E	F		
A	B	C	D	1 c = 218 g	1 tbsp = 13.6 g		
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	0.0
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
	{ kJ	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	{ IU						
Total tocopherol	mg	29.1	3.3	5	63.4	4.0	131.9
Alpha-tocopherol	mg		0.1	5	3.0	0.2	6.3
LIPIDS:							
Fatty acids:							
Saturated, total	g	14.2			30.9	1.9	64.3
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	8.9	0.4	37	19.5	1.2	40.6
18:0	g	4.8	0.2	37	10.5	0.7	21.8
Monounsaturated, total	g	39.7			86.5	5.4	180.0
16:1	g	0.2	0.04	32	0.4	0.0	0.9
18:1	g	39.3	0.7	38	85.6	5.3	178.0
20:1	g	0.2	0.05	11	0.4	0.0	0.8
22:1	g						
Polyunsaturated, total	g	41.7			91.0	5.7	189.3
18:2	g	41.3	0.7	38	90.1	5.6	187.5
18:3	g	0.3	0.1	23	0.7	0.0	1.5
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	865			1,886	118	3,924
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse:0
	Mean	Standard error	Number of samples	Approximate measure and weight		
A	B	C	D	E	F	G
PROXIMATE:				1 c = 218 g	1 tbsp = 13.6 g	
Water	g	0.0		0.0	0.0	0.0
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8
	kJ	3,698.7		8,063.1	503.0	16,777.1
Protein	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	100.0		218.0	13.6	453.6
Carbohydrate, total	g	0.0		0.0	0.0	0.0
Fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.0		0.0	0.0	0.0
MINERALS:						
Calcium	mg					
Iron	mg					
Magnesium	mg					
Phosphorus	mg					
Potassium	mg					
Sodium	mg					
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B6	mg					
Folacin	mcg					
Vitamin B12	mcg					
Vitamin A	{ RE					
	IU					
Total tocopherol	mg	1---		---	---	---
Alpha-tocopherol	mg	---		---	---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	46.6		101.5	6.3	211.2
4:0	g					
6:0	g					
8:0	g	0.2		1	0.4	0.8
10:0	g	0.2		1	0.4	0.8
12:0	g	1.3		1	2.9	6.0
14:0	g	0.1	0.1	2	0.3	0.6
16:0	g	4.4	0.5	4	9.5	19.8
18:0	g	38.8	1.6	4	84.5	175.9
Monounsaturated, total	g	44.0			95.8	199.4
16:1	g	0.1		1	0.2	0.4
18:1	g	43.5	1.4	4	94.8	197.2
20:1	g	0.0	0.05	2	0.1	0.2
22:1	g	0.0		1	0.0	0.0
Polyunsaturated, total	g	5.2			11.4	23.7
18:2	g	4.9	0.5	4	10.7	22.2
18:3	g	0.3	0.01	2	0.6	1.3
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	---		---	---	---
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight		
	A	B	C	E	F	
				1 c = 218 g	1 tbsp = 13.6 g	
PROXIMATE:						
Water	g	0.0		0.0	0.0	0.0
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8
	kJ	3,698.7		8,063.1	503.0	16,777.1
Protein	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	100.0		218.0	13.6	453.6
Carbohydrate, total	g	0.0		0.0	0.0	0.0
Fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.0		0.0	0.0	0.0
MINERALS:						
Calcium	mg	0.04	0.02	3	0.09	0.01
Iron	mg	0.02	0.01	12	0.05	0.00
Magnesium	mg	0.03	0.02	3	0.05	0.00
Phosphorus	mg	0.25	0.06	10	0.55	0.03
Potassium	mg					1.15
Sodium	mg	0.00		1	0.01	0.00
Zinc	mg	0.00		1	0.00	0.00
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	IU					
Total tocopherol	mg	93.7	3.7	74	204.4	12.7
Alpha-tocopherol	mg	11.0	0.5	74	24.0	1.5
LIPIDS:						
Fatty acids:						
Saturated, total	g	14.4			31.4	2.0
4:0	g					65.3
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.0	0.04	11	0.1	0.0
14:0	g	0.1	0.02	27	0.1	0.3
16:0	g	10.3	0.1	68	22.5	1.4
18:0	g	3.8	0.1	68	8.2	0.5
Monounsaturated, total	g	23.3			50.7	3.2
16:1	g	0.2	0.05	29	0.5	1.0
18:1	g	22.8	0.3	70	49.7	3.1
20:1	g	0.2	0.03	18	0.4	0.0
22:1	g					0.8
Polysaturated, total	g	57.9			126.3	7.9
18:2	g	51.0	0.3	70	111.2	6.9
18:3	g	6.8	0.1	66	14.9	0.9
18:4	g					30.9
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	250	34	14	546	34
AMINO ACIDS:						1,136
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

VEGETABLE OIL
Soybean (hydrogenated)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight		
	A	B	C	E	F	
				1 c = 218 g	1 tbsp = 13.6 g	G
PROXIMATE:						
Water	g	0.0		0.0	0.0	0.0
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8
	kJ	3,698.7		8,063.1	503	16,777.1
Protein	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	100.0		218.0	13.6	453.6
Carbohydrate, total	g	0.0		0.0	0.0	0.0
Fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.0		0.0	0.0	0.0
MINERALS:						
Calcium	mg					
Iron	mg					
Magnesium	mg					
Phosphorus	mg					
Potassium	mg					
Sodium	mg					
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
Total tocopherol	mg	103.0		224.5	14.0	467.2
Alpha-tocopherol	mg	8.1		17.7	1.1	36.7
LIPIDS:						
Fatty acids:						
Saturated, total	g	14.9		32.5	2.0	67.7
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.1	0.03	13	0.1	0.3
16:0	g	9.8	0.2	40	21.4	44.6
18:0	g	5.0	0.4	40	10.8	22.5
Monounsaturated, total	g	43.0			93.8	195.2
16:1	g	0.4	0.1	8	0.8	1.6
18:1	g	42.5	0.6	43	92.7	192.8
20:1	g					
22:1	g					
Polyunsaturated, total	g	37.6			82.0	170.7
18:2	g	34.9	0.7	43	76.2	158.5
18:3	g	2.6	0.2	39	5.6	11.6
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	132		288	18	599
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

VEGETABLE OIL

Soybean (hydrogenated) and cottonseed

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 c = 218 g	1 tbsp = 13.6 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
	kJ	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	IU						
Total tocopherol	mg	1		---	---	---	
Alpha-tocopherol	mg	---		---	---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	18.0		39.2	2.4	81.5	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.3	0.1	8	0.7	0.0	
16:0	g	14.0	0.6	11	30.4	1.9	
18:0	g	3.7	0.3	11	8.1	0.5	
Monounsaturated, total	g	29.5			64.4	4.0	
16:1	g	0.2	0.05	7	0.5	0.0	
18:1	g	29.3	1.2	16	63.9	4.0	
20:1	g						
22:1	g						
Polysaturated, total	g	48.1			104.8	6.5	
18:2	g	45.3	0.9	16	98.8	6.2	
18:3	g	2.8	0.4	16	6.0	0.4	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---					
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				E	F		
A	B	C	D	1 c = 218 g	1 tbsp = 13.6 g		G
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
Food energy	{ kJ	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	---		---	---	---	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	{ IU						
Total tocopherol	mg	2 ---		---	---	---	
Alpha-tocopherol	mg	---		---	---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	15.3		33.3	2.1	69.2	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.1	0.03	4	0.1	0.0	0.2
16:0	g	11.9	0.4	4	26.0	1.6	54.1
18:0	g	2.9	0.03	4	6.4	0.4	13.3
Monounsaturated, total	g	10.9			23.9	1.5	49.6
16:1	g	0.4	0.1	3	0.8	0.1	1.7
18:1	g	10.5	0.2	4	22.9	1.4	47.7
20:1	g	0.0	0.04	2	0.1	0.0	0.2
Polyunsaturated, total	g	45.1			98.3	6.1	204.5
18:2	g	39.9	0.5	4	87.0	5.4	181.0
18:3	g	5.1	0.5	4	11.1	0.7	23.0
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---		---	---	---	
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Values are for commercial product containing 70% soybean phosphatide in 30% soybean oil.

² Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

VEGETABLE OIL

Sunflower (*Helianthus annuus*), linoleic (less than 60%)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight	Refuse: 0	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	0.0		0.0	0.0	0.0
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8
	kJ	3,698.7		8,063.1	503.0	16,777.1
Protein	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	100.0		218.0	13.6	453.6
Carbohydrate, total	g	0.0		0.0	0.0	0.0
Fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.0		0.0	0.0	0.0
MINERALS:						
Calcium	mg	0.19	1	0.42	0.03	0.87
Iron	mg	0.03	1	0.07	0.00	0.15
Magnesium	mg	0.19	1	0.41	0.03	0.86
Phosphorus	mg					
Potassium	mg					
Sodium	mg	0.09	1	0.19	0.01	0.39
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
Total tocopherol	IU	2--		---	---	---
Alpha-tocopherol	mg	---		---	---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	10.1		22.0	1.4	45.8
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	5.4	0.1	45	11.8	0.7
18:0	g	3.5	0.1	45	7.7	0.5
Monounsaturated, total	g	45.4			99.1	6.2
16:1	g	0.2	0.02	27	0.4	0.0
18:1	g	45.3	0.8	45	98.7	6.2
20:1	g					
22:1	g					
Polyunsaturated, total	g	40.1			87.4	5.5
18:2	g	39.8	0.8	45	86.8	5.4
18:3	g	0.2	0.02	20	0.5	0.0
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	---			---	---
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹Values reflect southern crops.²Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

VEGETABLE OILSunflower (*Helianthus annuus*) , linoleic (60% and over) 1

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:0	
				1 c = 218 g	1 tbsp = 13.6 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
	kJ	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	{ IU						
Total tocopherol	mg	47.8	3.4	6	104.2	6.5	216.9
Alpha-tocopherol	mg	44.9	3.3	6	97.9	6.1	203.7
LIPIDS:							
Fatty acids:							
Saturated, total	g	10.3			22.5	1.4	46.8
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	5.9	0.05	177	12.8	0.8	26.6
18:0	g	4.5	0.1	177	9.7	0.6	20.2
Monounsaturated, total	g	19.5			42.6	2.7	88.7
16:1	g						
18:1	g	19.5	0.4	177	42.6	2.7	88.7
20:1	g						
22:1	g						
Polyunsaturated, total	g	65.7			143.3	8.9	298.2
18:2	g	65.7	0.5	177	143.3	8.9	298.2
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	2---			---	---	---
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Values reflect commercial sunflower oil.² Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight		
	A	B	C	E	F	G
PROXIMATE:				1 c = 218 g	1 tbsp = 13.6 g	
Water	g	0.0		0.0	0.0	0.0
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8
	kJ	3,698.7		8,063.1	503	16,777.1
Protein	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	100.0		218.0	13.6	453.6
Carbohydrate, total	g	0.0		0.0	0.0	0.0
Fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.0		0.0	0.0	0.0
MINERALS:						
Calcium	mg					
Iron	mg					
Magnesium	mg					
Phosphorus	mg					
Potassium	mg					
Sodium	mg					
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	IU					
Total tocopherol	mg	1--		---	---	---
Alpha-tocopherol	mg	---		---	---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	13.0		28.3	1.8	59.0
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	7.1	0.2	4	15.4	1.0
18:0	g	5.5	0.3	4	11.9	0.7
Monounsaturated, total	g	46.2			100.7	6.3
16:1	g					
18:1	g	46.0	0.1	4	100.2	6.3
20:1	g					
22:1	g					
Polyunsaturated, total	g	36.4			79.3	4.9
18:2	g	35.3	0.4	4	77.0	4.8
18:3	g	0.9	0.1	3	1.9	0.1
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	---		---	---	---
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight		
	A	B	C	E	F	
PROXIMATE:						
Water	g . . .	0.0		0.0	0.0	0.0
Food energy	{ kcal . . .	884.0		1,927.1	120.2	4,009.8
	kJ . . .	3,698.7		8,063.1	503.0	16,777.1
Protein	g . . .	0.0		0.0	0.0	0.0
Total lipid (fat)	g . . .	100.0		218.0	13.6	453.6
Carbohydrate, total	g . . .	0.0		0.0	0.0	0.0
Fiber	g . . .	0.0		0.0	0.0	0.0
Ash	g . . .	0.0		0.0	0.0	0.0
MINERALS:						
Calcium	mg . . .					
Iron	mg . . .					
Magnesium	mg . . .					
Phosphorus	mg . . .					
Potassium	mg . . .					
Sodium	mg . . .					
Zinc	mg . . .					
VITAMINS:						
Ascorbic acid	mg . . .					
Thiamin	mg . . .					
Riboflavin	mg . . .					
Niacin	mg . . .					
Pantothenic acid	mg . . .					
Vitamin B ₆	mg . . .					
Folacin	mcg . . .					
Vitamin B ₁₂	mcg . . .					
Vitamin A	{ RE . . .					
	IU . . .					
Total tocopherol	mg . . .	1		---	---	---
Alpha-tocopherol	mg . . .	---		---	---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	21.1		46.1	2.9	95.9
4:0	g . . .					
6:0	g . . .					
8:0	g . . .					
10:0	g . . .					
12:0	g . . .	0.1		0.2	0.0	0.4
14:0	g . . .	0.1	0.03	0.3	0.0	0.6
16:0	g . . .	17.5	0.8	38.2	2.4	79.5
18:0	g . . .	3.1	0.2	6.8	0.4	14.1
Monounsaturated, total	g . . .	51.5		112.2	7.0	233.5
16:1	g . . .	0.5	0.2	1.0	0.1	2.1
18:1	g . . .	49.9	1.5	108.8	6.8	226.4
20:1	g . . .	1.0	0.1	2.1	0.1	4.3
22:1	g . . .					
Polyunsaturated, total	g . . .	23.0		50.1	3.1	104.2
18:2	g . . .	22.2	2.0	48.5	3.0	100.9
18:3	g . . .	0.7		1.5	0.1	3.0
18:4	g . . .					
20:4	g . . .					
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .			---	---	---
Phytosterols	mg . . .	---		---	---	---
AMINO ACIDS:						
Tryptophan	g . . .					
Threonine	g . . .					
Isoleucine	g . . .					
Leucine	g . . .					
Lysine	g . . .					
Methionine	g . . .					
Cystine	g . . .					
Phenylalanine	g . . .					
Tyrosine	g . . .					
Valine	g . . .					
Arginine	g . . .					
Histidine	g . . .					
Alanine	g . . .					
Aspartic acid	g . . .					
Glutamic acid	g . . .					
Glycine	g . . .					
Proline	g . . .					
Serine	g . . .					

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
	A	B	C	E	F		
PROXIMATE:				1 c = 218 g	1 tbsp = 13.6 g		
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
	kJ	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	IU						
Total tocopherol	mg	59.3		129.3	8.1	269.0	
Alpha-tocopherol	mg	3.8		8.3	0.5	17.2	
LIPIDS:							
Fatty acids:							
Saturated, total	g	19.7		43.0	2.7	89.4	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.2	0.04	4	0.4	0.9	
16:0	g	15.0	1.3	5	32.8	68.3	
18:0	g	4.4	0.4	5	9.5	19.8	
Monounsaturated, total	g	22.8			49.6	103.3	
16:1	g	0.5	0.1	4	1.1	2.3	
18:1	g	21.9	2.9	5	47.6	99.1	
20:1	g						
22:1	g						
Polyunsaturated, total	g	53.1			115.8	240.9	
18:2	g	50.8	3.8	5	110.8	230.5	
18:3	g	2.3	0.2	4	5.0	10.4	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	1---			---	---	
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean A	Standard error B	Number of samples C	Approximate measure and weight		Refuse: 0 G	
				1 c = 218 g E	1 tbsp = 13.6 g F		
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
	kJ	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	IU						
Total tocopherol	mg	1---		---	---	---	
Alpha-tocopherol	mg	---		---	---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	85.2		185.7	11.6	386.4	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	12.2		26.6	1.7	55.4	
14:0	g	63.4	1	138.3	8.6	287.8	
16:0	g	8.6	1	18.7	1.2	38.9	
18:0	g	1.0	1	2.1	0.1	4.3	
Monounsaturated, total	g	6.7		14.6	0.9	30.4	
16:1	g						
18:1	g	6.7	1	14.6	0.9	30.4	
20:1	g						
22:1	g						
Polyunsaturated, total	g	2.9		6.3	0.4	13.0	
18:2	g	2.9	1	6.3	0.4	13.0	
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---		---	---	---	
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse:0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 c = 218 g	1 tbsp		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
	kj	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	IU						
Total tocopherol	mg	32.1		70.0	4.4	145.6	
Alpha-tocopherol	mg	0.4		0.9	0.1	1.8	
LIPIDS:							
Fatty acids:							
Saturated, total	g	9.1		19.8	1.2	41.2	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	7.0	0.3	33	15.3	1.0	
18:0	g	2.0	0.1	34	4.3	0.3	
Monounsaturated, total	g	22.8			49.6	8.9	
16:1	g	0.1	0.0	11	0.3	0.6	
18:1	g	22.2	1.3	34	48.5	3.0	
20:1	g	0.4	0.3	6	0.9	1.8	
22:1	g						
Polyunsaturated, total	g	63.3			138.1	287.3	
18:2	g	52.9	1.2	34	115.3	240.0	
18:3	g	10.4	0.6	32	22.8	47.4	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	176		384	24	798	
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

VEGETABLE OIL

Wheat germ (*Triticum aestivum*)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse 0	G
				E	F		
A	B	C	D	1 c = 218 g	1 tbsp = 13.6 g		
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
	{ kJ	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	{ IU						
Total tocopherol	mg	254.6		555.0	34.6	1,154.9	
Alpha-tocopherol	mg	149.4		325.7	20.3	677.7	
LIPIDS:							
Fatty acids:							
Saturated, total	g	18.8		40.9	2.6	85.1	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.1	0.04	7	0.3	0.0	0.6
16:0	g	16.6	0.3	13	36.2	2.3	75.4
18:0	g	0.5	0.05	12	1.1	0.1	2.4
Monounsaturated, total	g	15.1			33.0	2.1	68.6
16:1	g	0.5	0.1	13	1.1	0.1	2.3
18:1	g	14.6	0.5	13	31.9	2.0	66.3
20:1	g						
22:1	g						
Polyunsaturated, total	g	61.7			134.6	8.4	280.0
18:2	g	54.8	0.3	13	119.6	7.5	248.8
18:3	g	6.9	0.4	13	15.0	0.9	31.2
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	553		1,205	75	2,508	
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

MARGARINE, Regular, hard, stick or brick
 Coconut, safflower, coconut (hydrogenated), and palm (hydrogenated)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
A	B	C	D	E	F	G	
PROXIMATE:²							
Water	g	15.7	0.2	93	17.8	0.7	71.4
Food energy	{ kcal	718.7			815.0	33.8	3,260.1
	{ kJ	3,007.1			3,410.0	141.3	13,640.1
Protein (N X 6.38)	g	0.9	0.1	34	1.0	0.0	3.9
Total lipid (fat)	g	80.5	0.03	572	91.3	3.8	365.1
Carbohydrate, total	g	0.9			1.0	0.0	4.1
Fiber	g						
Ash	g	2.0	0.03	61	2.3	0.1	9.1
MINERALS:							
Calcium	mg	29.90			33.91	1.41	135.63
Iron	mg						
Magnesium	mg	2.60			2.95	0.12	11.79
Phosphorus	mg	22.90			25.97	1.08	103.87
Potassium	mg	42.40			48.08	1.99	192.33
Sodium	mg	943.42	9.46	337	1,069.84	44.34	4,279.35
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.160			0.181	0.008	0.726
Thiamin	mg	0.010			0.011	0.000	0.045
Riboflavin	mg	0.037			0.042	0.002	0.168
Niacin	mg	0.023			0.026	0.001	0.104
Pantothenic acid	mg	0.084			0.095	0.004	0.381
Vitamin B ₆	mg	0.009			0.010	0.000	0.041
Folacin	mcg	1.18			1.34	0.06	5.37
Vitamin B ₁₂	mcg	0.095			0.108	0.004	0.431
Vitamin A	{ RE	993			1,126	47	4,505
	{ IU	3,307			3,750	155	15,000
Total tocopherol	mg	11.1		1	12.6	0.5	50.3
Alpha-tocopherol	mg	8.8		1	10.0	0.4	39.9
LIPIDS:							
Fatty acids:							
Saturated, total	g	56.9			64.5	2.7	258.2
4:0	g						
6:0	g	0.4	0.1	3	0.4	0.0	1.6
8:0	g	4.7	0.4	3	5.3	0.2	21.2
10:0	g	3.2	0.1	3	3.7	0.2	14.7
12:0	g	28.3	1.0	3	32.1	1.3	128.4
14:0	g	8.0	1.4	3	9.1	0.4	36.4
16:0	g	7.4	0.1	3	8.4	0.3	33.5
18:0	g	3.9	0.5	3	4.4	0.2	17.5
Monounsaturated, total	g	8.3			9.4	0.4	37.6
16:1	g						
18:1	g	8.3	1.3	3	9.4	0.4	37.6
20:1	g						
22:1	g						
Polyunsaturated, total	g	11.7			13.3	0.6	53.3
18:2	g	11.5	0.9	3	13.0	0.5	52.0
18:3	g	0.3	0.2	3	0.3	0.0	1.4
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	3	---		---	---	---
AMINO ACIDS:							
Tryptophan	g	0.012			0.014	0.001	0.054
Threonine	g	0.039			0.044	0.002	0.177
Isoleucine	g	0.052			0.059	0.002	0.236
Leucine	g	0.084			0.095	0.004	0.381
Lysine	g	0.068			0.077	0.003	0.308
Methionine	g	0.021			0.024	0.001	0.095
Cystine	g	0.008			0.009	0.000	0.036
Phenylalanine	g	0.041			0.046	0.002	0.186
Tyrosine	g	0.041			0.046	0.002	0.186
Valine	g	0.057			0.065	0.003	0.259
Arginine	g	0.031			0.035	0.001	0.141
Histidine	g	0.023			0.026	0.001	0.104
Alanine	g	0.029			0.033	0.001	0.132
Aspartic acid	g	0.065			0.074	0.003	0.295
Glutamic acid	g	0.179			0.203	0.008	0.812
Glycine	g	0.018			0.020	0.001	0.082
Proline	g	0.083			0.094	0.004	0.376
Serine	g	0.046			0.052	0.002	0.209

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data of all regular, hard, stick or brick margarines, salted.³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Regular, hard, stick or brick
Corn (hydrogenated)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean A	Standard error B	Number of samples C	Approximate measure and weight			
				1 st E	113.4 g 1 tsp = 4.7 g F		
PROXIMATE:							
Water	g	15.7	0.2	93	17.8 815.0 3,410.0	0.7 33.8 141.3	
Food energy	{ kcal kJ	718.7 3,007.1				71.4 3,260.1 13,640.1	
Protein (N X 6.38)	g	0.9	0.1	34	1.0	3.9	
Total lipid (fat)	g	80.5	0.03	572	91.3 1.0	365.1 4.1	
Carbohydrate, total	g	0.9			3.8 0.0		
Fiber	g						
Ash	g	2.0	0.03	61	2.3	0.1	
MINERALS:							
Calcium	mg	29.90			33.91	1.41	
Iron	mg					135.63	
Magnesium	mg	2.60			2.95	0.12	
Phosphorus	mg	22.90			25.97	1.08	
Potassium	mg	42.40			48.08	1.99	
Sodium	mg	943.42	9.46	337	1,069.84	44.34	
Zinc	mg					4,279.35	
VITAMINS:							
Ascorbic acid	mg	0.160			0.181	0.726	
Thiamin	mg	0.010			0.011	0.045	
Riboflavin	mg	0.037			0.042	0.002	
Niacin	mg	0.023			0.026	0.001	
Pantothenic acid	mg	0.084			0.095	0.004	
Vitamin B ₆	mg	0.009			0.010	0.000	
Folacin	mcg	1.18			1.34	0.06	
Vitamin B ₁₂	mcg	0.095			0.108	0.004	
Vitamin A	{ RE. IU	993 3,307			1,126 3,750	47 155	
Total tocopherol	mg	---			---	4,505 15,000	
Alpha-tocopherol	mg	---			---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	13.2			15.0	0.6	
4:0	g					59.9	
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.0	0.03	3	0.0	0.0	
16:0	g	9.0	0.2	6	10.2	0.4	
18:0	g	4.2	0.1	6	4.8	0.2	
Monounsaturated, total	g	45.8			51.9	2.2	
16:1	g					207.6	
18:1	g	45.8	2.0	6	51.9	2.2	
20:1	g					207.6	
22:1	g						
Polyunsaturated, total	g	18.0			20.4	0.8	
18:2	g	17.7	2.1	6	20.1	0.8	
18:3	g	0.2	0.1	6	0.3	0.0	
18:4	g					1.1	
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	571	2	2	648	27	
AMINO ACIDS:							
Tryptophan	g	0.012			0.014	0.054	
Threonine	g	0.039			0.044	0.177	
Isoleucine	g	0.052			0.059	0.236	
Leucine	g	0.084			0.095	0.381	
Lysine	g	0.068			0.077	0.003	
Methionine	g	0.021			0.024	0.095	
Cystine	g	0.008			0.009	0.036	
Phenylalanine	g	0.041			0.046	0.002	
Tyrosine	g	0.041			0.046	0.186	
Valine	g	0.057			0.065	0.003	
Arginine	g	0.031			0.035	0.259	
Histidine	g	0.023			0.026	0.141	
Alanine	g	0.029			0.033	0.104	
Aspartic acid	g	0.065			0.074	0.002	
Glutamic acid	g	0.179			0.203	0.295	
Glycine	g	0.018			0.020	0.812	
Proline	g	0.083			0.094	0.082	
Serine	g	0.046			0.052	0.376	
						0.209	

¹ If vitamin D is added, each pound contains 2,000 I.U.

² Based on composite data of all regular, hard, stick or brick margarines, salted.

³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Regular, hard, stick or brick
Corn and corn (hydrogenated)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight		
	A	B	C	E	F	
				1 st = 113.4 g	1 tsp = 4.7 g	
PROXIMATE: ²						
Water	g	15.7	0.2	93	17.8	0.7
Food energy	{ kcal	718.7			815.0	33.8
	{ kJ	3,007.1			3,410.0	141.3
Protein (N X 6.38)	g	0.9	0.1	34	1.0	0.0
Total lipid (fat)	g	80.5	0.03	572	91.3	3.8
Carbohydrate, total	g	0.9			1.0	0.0
Fiber	g					4.1
Ash	g	2.0	0.03	61	2.3	0.1
MINERALS:						
Calcium	mg	29.90			33.91	1.41
Iron	mg					135.63
Magnesium	mg	2.60			2.95	0.12
Phosphorus	mg	22.90			25.97	1.08
Potassium	mg	42.40			48.08	1.99
Sodium	mg	943.42	9.46	337	1,069.84	44.34
Zinc	mg					4,279.35
VITAMINS:						
Ascorbic acid	mg	0.160			0.181	0.008
Thiamin	mg	0.010			0.011	0.000
Riboflavin	mg	0.037			0.042	0.002
Niacin	mg	0.023			0.026	0.001
Pantothenic acid	mg	0.084			0.095	0.004
Vitamin B ₆	mg	0.009			0.010	0.000
Folacin	mcg	1.18			1.34	0.06
Vitamin B ₁₂	mcg	0.095			0.108	0.004
Vitamin A	{ RE	993			1,126	47
	{ IU	3,307			3,750	155
Total tocopherol	mg	51.8	10.7	6	58.7	2.4
Alpha-tocopherol	mg	11.6	2.2	6	13.1	0.5
LIPIDS:						
Fatty acids:						
Saturated, total	g	14.0			15.9	0.7
4:0	g					63.7
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.1	0.04	6	0.1	0.0
16:0	g	9.2	0.2	22	10.4	0.4
18:0	g	4.8	0.2	22	5.4	0.2
Monounsaturated, total	g	38.8			44.0	1.8
16:1	g					176.0
18:1	g	38.8	0.5	22	44.0	1.8
20:1	g					176.0
22:1	g					
Polyunsaturated, total	g	24.1			27.3	1.1
18:2	g	23.7	0.5	22	26.9	1.1
18:3	g	0.4	0.04	21	0.5	0.0
18:4	g					1.9
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	570	33	7	647	27
AMINO ACIDS:						
Tryptophan	g	0.012			0.014	0.054
Threonine	g	0.039			0.044	0.177
Isoleucine	g	0.052			0.059	0.002
Leucine	g	0.084			0.095	0.381
Lysine	g	0.068			0.077	0.003
Methionine	g	0.021			0.024	0.001
Cystine	g	0.008			0.009	0.000
Phenylalanine	g	0.041			0.046	0.002
Tyrosine	g	0.041			0.046	0.002
Valine	g	0.057			0.065	0.003
Arginine	g	0.031			0.035	0.001
Histidine	g	0.023			0.026	0.001
Alanine	g	0.029			0.033	0.001
Aspartic acid	g	0.065			0.074	0.003
Glutamic acid	g	0.179			0.203	0.008
Glycine	g	0.018			0.020	0.001
Proline	g	0.083			0.094	0.004
Serine	g	0.046			0.052	0.002

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data of all regular, hard, stick or brick margarines, salted.

MARGARINE, Regular, hard, stick or brickCorn, soybean (hydrogenated), and cottonseed (hydrogenated), not salted¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean A	Standard error B	Number of samples C	Approximate measure and weight		Refuse: 0 F	G
				1 st = 113.4 g	1 tsp = 4.7 g		
PROXIMATE:							
Water	g	18.5	0.1	2	21.0 809.7 3,387.8	0.9 33.6 140.4	83.9 3,238.8 13,551.3
Food energy	{ kcal kJ	714.0 2,987.5					
Protein (N X 6.38)	g	0.5	0.03	2	0.6	0.0	2.3
Total lipid (fat)	g	80.3	0.1	56	91.1	3.8	364.3
Carbohydrate, total	g	0.5			0.5	0.0	2.2
Fiber	g						
Ash	g	0.2	0.03	2	0.2	0.0	0.9
MINERALS:							
Calcium	mg	17.40			19.73	0.82	78.93
Iron	mg						
Magnesium	mg	1.51			1.71	0.07	6.85
Phosphorus	mg	13.30			15.08	0.63	60.33
Potassium	mg	24.70			28.01	1.16	112.04
Sodium	mg	2.20	0.57	54	2.49	0.10	9.97
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.093			0.105	0.004	0.422
Thiamin	mg	0.006			0.007	0.000	0.027
Riboflavin	mg	0.021			0.024	0.001	0.095
Niacin	mg	0.013			0.015	0.001	0.059
Pantothenic acid	mg	0.049			0.056	0.002	0.222
Vitamin B6	mg	0.005			0.006	0.000	0.023
Folacin	mcg	0.69			0.78	0.03	3.13
Vitamin B12	mcg	0.056			0.064	0.003	0.254
Vitamin A	{ RE	993			1,126	47	4,505
	{ IU	3,307			3,750	155	15,000
Total tocopherol	mg	---			---	---	---
Alpha-tocopherol	mg	---			---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	15.0			17.0	0.7	68.1
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.3	0.02	283	0.3	0.0	1.4
14:0	g	0.2	0.01	291	0.2	0.0	0.9
16:0	g	9.5	0.1	292	10.8	0.4	43.3
18:0	g	5.0	0.03	292	5.6	0.2	22.5
Monounsaturated, total	g	36.7			41.7	1.7	166.7
16:1	g						
18:1	g	36.7	0.1	164	41.7	1.7	166.7
20:1	g						
22:1	g						
Polysaturated, total	g	25.0			28.4	1.2	113.6
18:2	g	24.7	0.1	292	28.1	1.2	112.3
18:3	g	0.3	0.04	287	0.3	0.0	1.3
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---			---	---	---
AMINO ACIDS:							
Tryptophan	g	0.007			0.008	0.000	0.032
Threonine	g	0.022			0.025	0.001	0.100
Isoleucine	g	0.030			0.034	0.001	0.136
Leucine	g	0.049			0.056	0.002	0.222
Lysine	g	0.039			0.044	0.002	0.177
Methionine	g	0.012			0.014	0.001	0.054
Cystine	g	0.005			0.006	0.000	0.023
Phenylalanine	g	0.024			0.027	0.001	0.109
Tyrosine	g	0.024			0.027	0.001	0.109
Valine	g	0.033			0.037	0.002	0.150
Arginine	g	0.018			0.020	0.001	0.082
Histidine	g	0.013			0.015	0.001	0.059
Alanine	g	0.017			0.019	0.001	0.077
Aspartic acid	g	0.038			0.043	0.002	0.172
Glutamic acid	g	0.104			0.118	0.005	0.472
Glycine	g	0.011			0.012	0.001	0.050
Proline	g	0.048			0.054	0.002	0.218
Serine	g	0.027			0.031	0.001	0.122

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data of all regular, hard, stick or brick margarines, not salted.³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Regular, hard, stick or brickCorn, soybean (hydrogenated), and cottonseed (hydrogenated), salted¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 st	113.4 g 1 tsp = 4.7 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	15.7	0.2	93	17.8 815.0 3,410.0	0.7 33.8 141.3	71.4 3,260.1 13,640.1
Food energy	{ kcal	718.7					
	{ kJ	3,007.1					
Protein (N X 6.38)	g	0.9	0.1	34	1.0	0.0	3.9
Total lipid (fat)	g	80.5	0.03	572	91.3	3.8	365.1
Carbohydrate, total	g	0.9			1.0	0.0	4.1
Fiber	g						
Ash	g	2.0	0.03	61	2.3	0.1	9.1
MINERALS:							
Calcium	mg	29.90			33.91	1.41	135.63
Iron	mg						
Magnesium	mg	2.60			2.95	0.12	11.79
Phosphorus	mg	22.90			25.97	1.08	103.87
Potassium	mg	42.40			48.08	1.99	192.33
Sodium	mg	943.42	9.46	337	1,069.84	44.34	4,279.35
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.160			0.181	0.008	0.726
Thiamin	mg	0.010			0.011	0.000	0.045
Riboflavin	mg	0.037			0.042	0.002	0.168
Niacin	mg	0.023			0.026	0.001	0.104
Pantothenic acid	mg	0.084			0.095	0.004	0.381
Vitamin B ₆	mg	0.009			0.010	0.000	0.041
Folacin	mcg	1.18			1.34	0.06	5.37
Vitamin B ₁₂	mcg	0.095			0.108	0.004	0.431
Vitamin A	{ RE	993			1,126	47	4,505
	{ IU	3,307			3,750	155	15,000
Total tocopherol	mg	65.8	8.9	7	74.7	3.1	298.6
Alpha-tocopherol	mg	11.0	1.2	7	12.5	0.5	49.9
LIPIDS:							
Fatty acids:							
Saturated, total	g	15.0			17.1	0.7	68.2
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.3	0.02	283	0.3	0.0	1.4
14:0	g	0.2	0.01	291	0.2	0.0	0.9
16:0	g	9.6	0.1	292	10.8	0.4	43.4
18:0	g	5.0	0.03	292	5.6	0.2	22.5
Monounsaturated, total	g	36.8			41.8	1.7	167.0
16:1	g						
18:1	g	36.8	0.1	164	41.8	1.7	167.0
20:1	g						
22:1	g						
Polysaturated, total	g	25.1			28.5	1.2	113.8
18:2	g	24.8	0.1	292	28.1	1.2	112.5
18:3	g	0.3	0.04	287	0.3	0.0	1.3
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	425	20	6	482	20	1,929
AMINO ACIDS:							
Tryptophan	g	0.012			0.014	0.001	0.054
Threonine	g	0.039			0.044	0.002	0.177
Isoleucine	g	0.052			0.059	0.002	0.236
Leucine	g	0.084			0.095	0.004	0.381
Lysine	g	0.068			0.077	0.003	0.308
Methionine	g	0.021			0.024	0.001	0.095
Cystine	g	0.008			0.009	0.000	0.036
Phenylalanine	g	0.041			0.046	0.002	0.186
Tyrosine	g	0.041			0.046	0.002	0.186
Valine	g	0.057			0.065	0.003	0.259
Arginine	g	0.031			0.035	0.001	0.141
Histidine	g	0.023			0.026	0.001	0.104
Alanine	g	0.029			0.033	0.001	0.132
Aspartic acid	g	0.065			0.074	0.003	0.295
Glutamic acid	g	0.179			0.203	0.008	0.812
Glycine	g	0.018			0.020	0.001	0.082
Proline	g	0.083			0.094	0.004	0.376
Serine	g	0.046			0.052	0.002	0.209

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data of all regular, hard, stick or brick margarines, salted.

MARGARINE, Regular, hard, stick or brick
Lard (hydrogenated)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight	1 st = 113.4 g 1 tsp = 4.7 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	15.7	0.2	93	17.8 831.4	0.7 34.5
Food energy	{ kcal	733.2			3,478.8	3,325.8
Food energy	{ kJ	3,067.7			144.2	13,915.1
Protein (N X 6.38)	g	0.9	0.1	34	1.0	0.0
Total lipid (fat)	g	80.5	0.03	572	91.3 1.0	3.8 0.0
Carbohydrate, total	g	0.9				365.1 4.1
Fiber	g					
Ash	g	2.0	0.03	61	2.3	0.1
MINERALS:						
Calcium	mg					
Iron	mg					
Magnesium	mg					
Phosphorus	mg					
Potassium	mg	42.40			48.08	1.99
Sodium	mg	943.42	9.46	337	1,069.84	44.34
Zinc	mg					192.33
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
Total tocopherol	{ IU	3---			---	---
Alpha-tocopherol	mg	1.4		1	1.6	0.1
LIPIDS:						
Fatty acids:						
Saturated, total	g	31.6			35.8	1.5
4:0	g					143.3
6:0	g					
8:0	g					
10:0	g	0.1		1	0.1	0.0
12:0	g	0.2		1	0.2	0.0
14:0	g	1.0		1	1.1	0.0
16:0	g	19.1		1	21.7	0.9
18:0	g	10.8		1	12.2	0.5
Monounsaturated, total	g	37.8			42.9	1.8
16:1	g	2.2		1	2.5	0.1
18:1	g	34.7		1	39.3	1.6
20:1	g	0.8			0.9	0.0
22:1	g					3.6
Polysaturated, total	g	7.5			8.5	0.4
18:2	g	7.1		1	8.1	0.3
18:3	g	0.4		1	0.5	0.0
18:4	g					34.0
20:4	g					32.2
20:5	g					1.8
22:5	g					
22:6	g					
Cholesterol	mg	51		1	57	2
Phytosterols	mg	43		1	48	2
AMINO ACIDS:						
Tryptophan	g	0.012			0.014	0.054
Threonine	g	0.039			0.044	0.177
Isoleucine	g	0.052			0.059	0.236
Leucine	g	0.084			0.095	0.381
Lysine	g	0.068			0.077	0.308
Methionine	g	0.021			0.024	0.095
Cystine	g	0.008			0.009	0.036
Phenylalanine	g	0.041			0.046	0.186
Tyrosine	g	0.041			0.046	0.186
Valine	g	0.057			0.065	0.259
Arginine	g	0.031			0.035	0.141
Histidine	g	0.023			0.026	0.104
Alanine	g	0.029			0.033	0.132
Aspartic acid	g	0.065			0.074	0.295
Glutamic acid	g	0.179			0.203	0.008
Glycine	g	0.018			0.020	0.001
Proline	g	0.083			0.094	0.004
Serine	g	0.046			0.052	0.209

¹ If vitamin D is added, each pound contains 2,000 I.U.

² Based on composite data of all regular, hard, stick or brick margarines, salted.

³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	G
				E	F		
A	B	C	D	1 st = 113.4 g	1 tsp = 4.7 g		
PROXIMATE:							
Water	g	15.7	0.2	93	17.8 815.0	0.7 33.8	71.4 3,260.1
Food energy	{ kcal	718.7			3,410.0	141.3	13,640.1
	{ kJ	3,007.1					3.9
Protein (N X 6.38)	g	0.9	0.1	34	1.0	0.0	
Total lipid (fat)	g	80.5	0.03	572	91.3 1.0	3.8 0.0	365.1 4.1
Carbohydrate, total	g	0.9					
Fiber	g						
Ash	g	2.0	0.03	61	2.3	0.1	9.1
MINERALS:							
Calcium	mg	29.90			33.91	1.41	135.63
Iron	mg						
Magnesium	mg	2.60			2.95	0.12	11.79
Phosphorus	mg	22.90			25.97	1.08	103.87
Potassium	mg	42.40			48.08	1.99	192.33
Sodium	mg	943.42	9.46	337	1,069.84	44.34	4,279.35
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.160			0.181	0.008	0.726
Thiamin	mg	0.010			0.011	0.000	0.045
Riboflavin	mg	0.037			0.042	0.002	0.168
Niacin	mg	0.023			0.026	0.001	0.104
Pantothenic acid	mg	0.084			0.095	0.004	0.381
Vitamin B ₆	mg	0.009			0.010	0.000	0.041
Folacin	mcg	1.18			1.34	0.06	5.37
Vitamin B ₁₂	mcg	0.095			0.108	0.004	0.431
Vitamin A	{ RE	993			1,126	47	4,505
	{ IU	3,307			3,750	155	15,000
Total tocopherol	mg	4--		1	---	---	---
Alpha-tocopherol	mg	17.8			20.1	0.8	80.5
LIPIDS:							
Fatty acids:							
Saturated, total	g	13.8			15.7	0.6	62.7
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.4	0.1	3	0.5	0.0	1.9
14:0	g	0.2	0.1	8	0.2	0.0	1.0
16:0	g	7.0	0.3	8	8.0	0.3	31.8
18:0	g	6.1	0.3	8	6.9	0.3	27.6
Monounsaturated, total	g	31.7			36.0	1.5	143.9
16:1	g	0.1	0.1	5	0.1	0.0	0.3
18:1	g	31.7	1.1	8	35.9	1.5	143.6
20:1	g						
22:1	g						
Polyunsaturated, total	g	31.4			35.6	1.5	142.4
18:2	g	31.3	1.1	8	35.4	1.5	141.8
18:3	g	0.2	0.1	5	0.2	0.0	0.7
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	203		1	230	10	921
AMINO ACIDS:							
Tryptophan	g	0.012			0.014	0.001	0.054
Threonine	g	0.039			0.044	0.002	0.177
Isoleucine	g	0.052			0.059	0.002	0.236
Leucine	g	0.084			0.095	0.004	0.381
Lysine	g	0.068			0.077	0.003	0.308
Methionine	g	0.021			0.024	0.001	0.095
Cystine	g	0.008			0.009	0.000	0.036
Phenylalanine	g	0.041			0.046	0.002	0.186
Tyrosine	g	0.041			0.046	0.002	0.186
Valine	g	0.057			0.065	0.003	0.259
Arginine	g	0.031			0.035	0.001	0.141
Histidine	g	0.023			0.026	0.001	0.104
Alanine	g	0.029			0.033	0.001	0.132
Aspartic acid	g	0.065			0.074	0.003	0.295
Glutamic acid	g	0.179			0.203	0.008	0.812
Glycine	g	0.018			0.020	0.001	0.082
Proline	g	0.083			0.094	0.004	0.376
Serine	g	0.046			0.052	0.002	0.209

¹ If vitamin D is added, each pound contains 2,000 I.U.

² Based on composite data of all regular, hard, stick or brick margarines, salted.

³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Regular, hard, stick or brick

Safflower, soybean (hydrogenated), and cottonseed (hydrogenated)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 st = 113.4 g	1 tsp = 4.7 g		
A	B	C	D	E	F	G	
PROXIMATE: ²							
Water	g	15.7	0.2	93	17.8	0.7	
Food energy	{kcal	718.7			815.0	33.8	
	{kj	3,007.1			3,410.0	141.3	
Protein (N X 6.38)	g	0.9	0.1	34	1.0	0.0	
Total lipid (fat)	g	80.5	0.03	572	91.3	3.8	
Carbohydrate, total	g	0.9			1.0	0.0	
Fiber	g					4.1	
Ash	g	2.0	0.03	61	2.3	0.1	
MINERALS:							
Calcium	mg	29.90			33.91	1.41	
Iron	mg					135.63	
Magnesium	mg	2.60			2.95	0.12	
Phosphorus	mg	22.90			25.97	1.08	
Potassium	mg	42.40			48.08	1.99	
Sodium	mg	943.42	9.46	337	1,069.84	44.34	
Zinc	mg					4,279.35	
VITAMINS:							
Ascorbic acid	mg	0.160			0.181	0.008	
Thiamin	mg	0.010			0.011	0.000	
Riboflavin	mg	0.037			0.042	0.002	
Niacin	mg	0.023			0.026	0.001	
Pantothenic acid	mg	0.084			0.095	0.004	
Vitamin B ₆	mg	0.009			0.010	0.000	
Folacin	mcg	1.18			1.34	0.06	
Vitamin B ₁₂	mcg	0.095			0.108	0.004	
Vitamin A	{RE	993			1,126	47	
	{IU	3,307			3,750	155	
Total tocopherol	mg	3---			---	---	
Alpha-tocopherol	mg	---			---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	13.3			15.0	0.6	
4:0	g					60.1	
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.2	0.04	4	0.2	0.0	
16:0	g	7.6	0.7	4	8.6	0.4	
18:0	g	5.5	0.8	4	6.2	0.3	
Monounsaturated, total	g	23.0			26.1	1.1	
16:1	g					104.5	
18:1	g	23.0	0.6	4	26.1	1.1	
20:1	g					104.5	
22:1	g						
Polyunsaturated, total	g	40.7			46.1	1.9	
18:2	g	40.6	2.0	4	46.0	1.9	
18:3	g	0.1	0.02	4	0.1	0.0	
18:4	g					184.4	
20:4	g					184.2	
20:5	g					0.3	
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---			---	---	
AMINO ACIDS:							
Tryptophan	g	0.012			0.014	0.001	
Threonine	g	0.039			0.044	0.002	
Isoleucine	g	0.052			0.059	0.002	
Leucine	g	0.084			0.095	0.004	
Lysine	g	0.068			0.077	0.003	
Methionine	g	0.021			0.024	0.001	
Cystine	g	0.008			0.009	0.000	
Phenylalanine	g	0.041			0.046	0.002	
Tyrosine	g	0.041			0.046	0.002	
Valine	g	0.057			0.065	0.003	
Arginine	g	0.031			0.035	0.001	
Histidine	g	0.023			0.026	0.001	
Alanine	g	0.029			0.033	0.001	
Aspartic acid	g	0.065			0.074	0.003	
Glutamic acid	g	0.179			0.203	0.008	
Glycine	g	0.018			0.020	0.001	
Proline	g	0.083			0.094	0.004	
Serine	g	0.046			0.052	0.002	

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data of all regular, hard, stick or brick margarines, salted.³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Regular, hard, stick or brick
 Safflower, soybean, soybean (hydrogenated), and cottonseed (hydrogenated)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 st = 113.4 g	1 tsp = 4.7 g		
A	B	C	D	E	F	G	
PROXIMATE: ²							
Water	g	15.7	0.2	93	17.8	0.7	71.4
Food energy	{ kcal	718.7			815.0	33.8	3,260.1
	{ kJ	3,007.1			3,410.0	141.3	13,640.1
Protein (N X 6.38)	g	0.9	0.1	34	1.0	0.0	3.9
Total lipid (fat)	g	80.5	0.03	572	91.3	3.8	365.1
Carbohydrate, total	g	0.9			1.0	0.0	4.1
Fiber	g						
Ash	g	2.0	0.03	61	2.3	0.1	9.1
MINERALS:							
Calcium	mg	29.90			33.91	1.41	135.63
Iron	mg						
Magnesium	mg	2.60			2.95	0.12	11.79
Phosphorus	mg	22.90			25.97	1.08	103.87
Potassium	mg	42.40			48.08	1.99	192.33
Sodium	mg	943.42	9.46	337	1,069.84	44.34	4,279.35
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.160			0.181	0.008	0.726
Thiamin	mg	0.010			0.011	0.000	0.045
Riboflavin	mg	0.037			0.042	0.002	0.168
Niacin	mg	0.023			0.026	0.001	0.104
Pantothenic acid	mg	0.084			0.095	0.004	0.381
Vitamin B ₆	mg	0.009			0.010	0.000	0.041
Folacin	mcg	1.18			1.34	0.06	5.37
Vitamin B ₁₂	mcg	0.095			0.108	0.004	0.431
Vitamin A	{ RE	993			1,126	47	4,505
	{ IU	3,307			3,750	155	15,000
Total tocopherol	mg	---			---	---	---
Alpha-tocopherol	mg	16.4		1	18.6	0.8	74.5
LIPIDS:							
Fatty acids:							
Saturated, total	g	14.4			16.3	0.7	65.2
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.2		1	0.3	0.0	1.1
16:0	g	7.7		1	8.7	0.4	34.8
18:0	g	6.5		1	7.3	0.3	29.3
Monounsaturated, total	g	30.3			34.4	1.4	137.6
16:1	g	0.2		1	0.3	0.0	1.1
18:1	g	30.1		1	34.1	1.4	136.5
20:1	g						
22:1	g						
Polyunsaturated, total	g	32.3			36.6	1.5	146.3
18:2	g	32.0		1	36.3	1.5	145.2
18:3	g	0.2		1	0.3	0.0	1.1
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	235		1	266	11	1,066
AMINO ACIDS:							
Tryptophan	g	0.012			0.014	0.001	0.054
Threonine	g	0.039			0.044	0.002	0.177
Isoleucine	g	0.052			0.059	0.002	0.236
Leucine	g	0.084			0.095	0.004	0.381
Lysine	g	0.068			0.077	0.003	0.308
Methionine	g	0.021			0.024	0.001	0.095
Cystine	g	0.008			0.009	0.000	0.036
Phenylalanine	g	0.041			0.046	0.002	0.186
Tyrosine	g	0.041			0.046	0.002	0.186
Valine	g	0.057			0.065	0.003	0.259
Arginine	g	0.031			0.035	0.001	0.141
Histidine	g	0.023			0.026	0.001	0.104
Alanine	g	0.029			0.033	0.001	0.132
Aspartic acid	g	0.065			0.074	0.003	0.295
Glutamic acid	g	0.179			0.203	0.008	0.812
Glycine	g	0.018			0.020	0.001	0.082
Proline	g	0.083			0.094	0.004	0.376
Serine	g	0.046			0.052	0.002	0.209

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data of all regular, hard, stick or brick margarines, salted.³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

**MARGARINE, Regular, hard, stick or brick
Soybean (hydrogenated)¹**

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight	Refuse:0	G	
A	B	C	D	E	F	G	
PROXIMATE:²							
Water	g	15.7	0.2	93	17.8	0.7	71.4
Food energy	{ kcal	718.7			815.0	33.8	3,260.1
	kJ	3,007.1			3,410.0	141.3	13,640.1
Protein (N X 6.38)	g	0.9	0.1	34	1.0	0.0	3.9
Total lipid (fat)	g	80.5	0.03	572	91.3	3.8	365.1
Carbohydrate, total	g	0.9			1.0	0.0	4.1
Fiber	g						
Ash	g	2.0	0.03	61	2.3	0.1	9.1
MINERALS:							
Calcium	mg	29.90			33.91	1.41	135.63
Iron	mg						
Magnesium	mg	2.60			2.95	0.12	11.79
Phosphorus	mg	22.90			25.97	1.08	103.87
Potassium	mg	42.40			48.08	1.99	192.33
Sodium	mg	943.42	9.46	337	1,069.84	44.34	4,279.35
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.160			0.181	0.008	0.726
Thiamin	mg	0.010			0.011	0.000	0.045
Riboflavin	mg	0.037			0.042	0.002	0.168
Niacin	mg	0.023			0.026	0.001	0.104
Pantothenic acid	mg	0.084			0.095	0.004	0.381
Vitamin B6	mg	0.009			0.010	0.000	0.041
Folacin	mcg	1.18			1.34	0.06	5.37
Vitamin B12	mcg	0.095			0.108	0.004	0.431
Vitamin A	{ RE	993			1,126	47	4,505
	IU	3,307			3,750	155	15,000
Total tocopherol	mg	3--			---	---	---
Alpha-tocopherol	mg	3.1		1	3.6	0.1	14.2
LIPIDS:							
Fatty acids:							
Saturated, total	g	16.7			18.9	0.8	75.6
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.2	0.1	4	0.2	0.0	0.7
16:0	g	9.6	0.6	4	10.9	0.5	43.6
18:0	g	6.9	0.1	4	7.8	0.3	31.3
Monounsaturated, total	g	39.3			44.6	1.8	178.5
16:1	g	0.2		1	0.3	0.0	1.1
18:1	g	39.1	1.5	4	44.3	1.8	177.4
20:1	g						
22:1	g						
Polyunsaturated, total	g	20.9			23.7	1.0	95.0
18:2	g	19.4	1.2	4	22.0	0.9	88.0
18:3	g	1.5	0.4	4	1.7	0.1	6.9
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	146		1	166	7	662
AMINO ACIDS:							
Tryptophan	g	0.012			0.014	0.001	0.054
Threonine	g	0.039			0.044	0.002	0.177
Isoleucine	g	0.052			0.059	0.002	0.236
Leucine	g	0.084			0.095	0.004	0.381
Lysine	g	0.068			0.077	0.003	0.308
Methionine	g	0.021			0.024	0.001	0.095
Cystine	g	0.008			0.009	0.000	0.036
Phenylalanine	g	0.041			0.046	0.002	0.186
Tyrosine	g	0.041			0.046	0.002	0.186
Valine	g	0.057			0.065	0.003	0.259
Arginine	g	0.031			0.035	0.001	0.141
Histidine	g	0.023			0.026	0.001	0.104
Alanine	g	0.029			0.033	0.001	0.132
Aspartic acid	g	0.065			0.074	0.003	0.295
Glutamic acid	g	0.179			0.203	0.008	0.812
Glycine	g	0.018			0.020	0.001	0.082
Proline	g	0.083			0.094	0.004	0.376
Serine	g	0.046			0.052	0.002	0.209

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data of all regular, hard, stick or brick margarines, salted.³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Regular, hard, stick or brick
Soybean and soybean (hydrogenated)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight	1 st = 113.4 g 1 tsp = 4.7 g	
A	B	C	D	E	F	G
PROXIMATE:²						
Water	g . . .	15.7	0.2	93	17.8 815.0 3,410.0	0.7 33.8 141.3
Food energy	{ kcal . . .	718.7				3,260.1
	{ kJ . . .	3,007.1				13,640.1
Protein (N X 6.38)	g . . .	0.9	0.1	34	1.0	3.9
Total lipid (fat)	g . . .	80.5	0.03	572	91.3	365.1
Carbohydrate, total	g . . .	0.9			1.0	4.1
Fiber	g . . .				0.0	
Ash	g . . .	2.0	0.03	61	2.3	0.1
MINERALS:						
Calcium	mg . . .	29.90			33.91	1.41
Iron	mg . . .					135.63
Magnesium	mg . . .	2.60			2.95	0.12
Phosphorus	mg . . .	22.90			25.97	1.08
Potassium	mg . . .	42.40			48.08	1.99
Sodium	mg . . .	943.42	9.46	337	1,069.84	44.34
Zinc	mg . . .					4,279.35
VITAMINS:						
Ascorbic acid	mg . . .	0.160			0.181	0.008
Thiamin	mg . . .	0.010			0.011	0.000
Riboflavin	mg . . .	0.037			0.042	0.002
Niacin	mg . . .	0.023			0.026	0.001
Pantothenic acid	mg . . .	0.084			0.095	0.004
Vitamin B ₆	mg . . .	0.009			0.010	0.000
Folacin	mcg . . .	1.18			1.34	0.06
Vitamin B ₁₂	mcg . . .	0.095			0.108	0.004
Vitamin A	{ RE . . .	993			1,126	47
	{ IU . . .	3,307			3,750	155
Total tocopherol	mg . . .	---			---	---
Alpha-tocopherol	mg . . .	---			---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	13.1			14.9	0.6
4:0	g . . .					59.6
6:0	g . . .					
8:0	g . . .					
10:0	g . . .					
12:0	g . . .					
14:0	g . . .	0.1	0.07	2	0.1	0.0
16:0	g . . .	8.1	0.1	9	9.2	0.4
18:0	g . . .	4.9	0.2	9	5.6	0.2
Monounsaturated, total	g . . .	37.6			42.6	1.8
16:1	g . . .					170.5
18:1	g . . .	37.6	0.1	9	42.6	1.8
20:1	g . . .					170.5
22:1	g . . .					
Polyunsaturated, total	g . . .	26.2			29.7	1.2
18:2	g . . .	24.3	0.4	9	27.5	1.1
18:3	g . . .	1.9	0.2	9	2.2	0.1
18:4	g . . .					119.0
20:4	g . . .					110.1
20:5	g . . .					8.8
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .					
Phytosterols	mg . . .	219	9	6	248	10
AMINO ACIDS:						
Tryptophan	g . . .	0.012			0.014	0.054
Threonine	g . . .	0.039			0.044	0.002
Isoleucine	g . . .	0.052			0.059	0.002
Leucine	g . . .	0.084			0.095	0.004
Lysine	g . . .	0.068			0.077	0.003
Methionine	g . . .	0.021			0.024	0.001
Cystine	g . . .	0.008			0.009	0.000
Phenylalanine	g . . .	0.041			0.046	0.002
Tyrosine	g . . .	0.041			0.046	0.002
Valine	g . . .	0.057			0.065	0.003
Arginine	g . . .	0.031			0.035	0.001
Histidine	g . . .	0.023			0.026	0.001
Alanine	g . . .	0.029			0.033	0.001
Aspartic acid	g . . .	0.065			0.074	0.003
Glutamic acid	g . . .	0.179			0.203	0.008
Glycine	g . . .	0.018			0.020	0.001
Proline	g . . .	0.083			0.094	0.004
Serine	g . . .	0.046			0.052	0.002

¹ If vitamin D is added, each pound contains 2,000 I.U.

² Based on composite data of all regular, hard, stick or brick margarines, salted.

³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Regular, hard, stick or brick
 Soybean (hydrogenated), corn, and cottonseed (hydrogenated)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight	Refuse:0	G	
A	B	C	D	E	F	G	
PROXIMATE:²							
Water	g	15.7	0.2	93	17.8	0.7	71.4
Food energy	{ kcal	718.7			815.0	33.8	3,260.1
Protein (N X 6.38)	{ kJ	3,007.1			3,410.0	141.3	13,640.1
Total lipid (fat)	g	0.9	0.1	34	1.0	0.0	3.9
Carbohydrate, total	g	80.5	0.03	572	91.3	3.8	365.1
Fiber	g	0.9			1.0	0.0	4.1
Ash	g	2.0	0.03	61	2.3	0.1	9.1
MINERALS:							
Calcium	mg	29.90			33.91	1.41	135.63
Iron	mg						
Magnesium	mg	2.60			2.95	0.12	11.79
Phosphorus	mg	22.90			25.97	1.08	103.87
Potassium	mg	42.40			48.08	1.99	192.33
Sodium	mg	943.42	9.46	337	1,069.84	44.34	4,279.35
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.160			0.181	0.008	0.726
Thiamin	mg	0.010			0.011	0.000	0.045
Riboflavin	mg	0.037			0.042	0.002	0.168
Niacin	mg	0.023			0.026	0.001	0.104
Pantothenic acid	mg	0.084			0.095	0.004	0.381
Vitamin B ₆	mg	0.009			0.010	0.000	0.041
Folacin	mcg	1.18			1.34	0.06	5.37
Vitamin B ₁₂	mcg	0.095			0.108	0.004	0.431
Vitamin A	{ RE	993			1,126	47	4,505
	{ IU	3,307			3,750	155	15,000
Total tocopherol	mg	---			---	---	---
Alpha-tocopherol	mg	---			---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	19.8			22.5	0.9	89.9
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.3	0.07	2	0.3	0.0	1.4
16:0	g	10.9	0.1	2	12.4	0.5	49.5
18:0	g	8.6	0.1	2	9.8	0.4	39.1
Monounsaturated, total	g	32.0			36.3	1.5	145.2
16:1	g						
18:1	g	32.0	0.04	2	36.3	1.5	145.2
20:1	g						
22:1	g						
Polyunsaturated, total	g	25.1			28.5	1.2	113.9
18:2	g	23.6	0.1	2	26.8	1.1	107.2
18:3	g	1.5	0.0	2	1.7	0.1	6.6
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---			---	---	---
AMINO ACIDS:							
Tryptophan	g	0.012			0.014	0.001	0.054
Threonine	g	0.039			0.044	0.002	0.177
Isoleucine	g	0.052			0.059	0.002	0.236
Leucine	g	0.084			0.095	0.004	0.381
Lysine	g	0.068			0.077	0.003	0.308
Methionine	g	0.021			0.024	0.001	0.095
Cystine	g	0.008			0.009	0.000	0.036
Phenylalanine	g	0.041			0.046	0.002	0.186
Tyrosine	g	0.041			0.046	0.002	0.186
Valine	g	0.057			0.065	0.003	0.259
Arginine	g	0.031			0.035	0.001	0.141
Histidine	g	0.023			0.026	0.001	0.104
Alanine	g	0.029			0.033	0.001	0.132
Aspartic acid	g	0.065			0.074	0.003	0.295
Glutamic acid	g	0.179			0.203	0.008	0.812
Glycine	g	0.018			0.020	0.001	0.082
Proline	g	0.083			0.094	0.004	0.376
Serine	g	0.046			0.052	0.002	0.209

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data of all regular, hard, stick or brick margarines, salted.³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Regular, hard, stick or brick
Soybean (hydrogenated) and cottonseed¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 st = 113.4 g	1 tsp = 4.7 g		
A	B	C	D	E	F	G	
PROXIMATE:²							
Water	g	15.7	0.2	93	17.8	0.7	71.4
Food energy	{ kcal	718.7			815.0	33.8	3,260.1
	kJ	3,007.1			3,410.0	141.3	13,640.1
Protein (N X 6.38)	g	0.9	0.1	34	1.0	0.0	3.9
Total lipid (fat)	g	80.5	0.03	572	91.3	3.8	365.1
Carbohydrate, total	g	0.9			1.0	0.0	4.1
Fiber	g						
Ash	g	2.0	0.03	61	2.3	0.1	9.1
MINERALS:							
Calcium	mg	29.90			33.91	1.41	135.63
Iron	mg						
Magnesium	mg	2.60			2.95	0.12	11.79
Phosphorus	mg	22.90			25.97	1.08	103.87
Potassium	mg	42.40			48.08	1.99	192.33
Sodium	mg	943.42	9.46	337	1,069.84	44.34	4,279.35
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.160			0.181	0.008	0.726
Thiamin	mg	0.010			0.011	0.000	0.045
Riboflavin	mg	0.037			0.042	0.002	0.168
Niacin	mg	0.023			0.026	0.001	0.104
Pantothenic acid	mg	0.084			0.095	0.004	0.381
Vitamin B ₆	mg	0.009			0.010	0.000	0.041
Folacin	mcg	1.18			1.34	0.06	5.37
Vitamin B ₁₂	mcg	0.095			0.108	0.004	0.431
Vitamin A	{ RE	993			1,126	47	4,505
	IU	3,307			3,750	155	15,000
Total tocopherol	mg	^		1	7.0	0.3	27.9
Alpha-tocopherol	mg	6.1					
LIPIDS:							
Fatty acids:							
Saturated, total	g	16.3			18.5	0.8	74.1
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.1	0.04	7	0.2	0.0	0.7
16:0	g	10.0	0.6	7	11.3	0.5	45.2
18:0	g	6.2	0.4	7	7.1	0.3	28.2
Monounsaturated, total	g	40.7			46.2	1.9	184.8
16:1	g						
18:1	g	40.7	3.3	7	46.2	1.9	184.8
20:1	g						
22:1	g						
Polyunsaturated, total	g	19.9			22.5	0.9	90.2
18:2	g	19.2	2.4	7	21.8	0.9	87.2
18:3	g	0.7	0.2	7	0.7	0.0	3.0
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	219		1	248	10	993
AMINO ACIDS:							
Tryptophan	g	0.012			0.014	0.001	0.054
Threonine	g	0.039			0.044	0.002	0.177
Isoleucine	g	0.052			0.059	0.002	0.236
Leucine	g	0.084			0.095	0.004	0.381
Lysine	g	0.068			0.077	0.003	0.308
Methionine	g	0.021			0.024	0.001	0.095
Cystine	g	0.008			0.009	0.000	0.036
Phenylalanine	g	0.041			0.046	0.002	0.186
Tyrosine	g	0.041			0.046	0.002	0.186
Valine	g	0.057			0.065	0.003	0.259
Arginine	g	0.031			0.035	0.001	0.141
Histidine	g	0.023			0.026	0.001	0.104
Alanine	g	0.029			0.033	0.001	0.132
Aspartic acid	g	0.065			0.074	0.003	0.295
Glutamic acid	g	0.179			0.203	0.008	0.812
Glycine	g	0.018			0.020	0.001	0.082
Proline	g	0.083			0.094	0.004	0.376
Serine	g	0.046			0.052	0.002	0.209

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data of all regular, hard, stick or brick margarines, salted.³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Regular, hard, stick or brick

Soybean (hydrogenated) and cottonseed (hydrogenated)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight	Refuse: 0	G	
A	B	C	D	E	F	G	
PROXIMATE: ²				1 st = 113.4 g 1 tsp = 4.7 g			
Water	g	15.7	0.2	93	17.8 815.0 3,410.0	0.7 33.8 141.3	71.4 3,260.1 13,640.1
Food energy	{ kcal	718.7 3,007.1					
Protein (N X 6.38)	g	0.9	0.1	34	1.0	0.0	3.9
Total lipid (fat)	g	80.5	0.03	572	91.3 1.0	3.8 0.0	365.1 4.1
Carbohydrate, total	g	0.9					
Fiber	g						
Ash	g	2.0	0.03	61	2.3	0.1	9.1
MINERALS:							
Calcium	mg	29.90			33.91	1.41	135.63
Iron	mg						
Magnesium	mg	2.60			2.95	0.12	11.79
Phosphorus	mg	22.90			25.97	1.08	103.87
Potassium	mg	42.40			48.08	1.99	192.33
Sodium	mg	943.42	9.46	337	1,069.84	44.34	4,279.35
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.160			0.181	0.008	0.726
Thiamin	mg	0.010			0.011	0.000	0.045
Riboflavin	mg	0.037			0.042	0.002	0.168
Niacin	mg	0.023			0.026	0.001	0.104
Pantothenic acid	mg	0.084			0.095	0.004	0.381
Vitamin B6	mg	0.009			0.010	0.000	0.041
Folacin	mcg	1.18			1.34	0.06	5.37
Vitamin B12	mcg	0.095			0.108	0.004	0.431
Vitamin A	{ RE	993			1,126	47	4,505
	IU	3,307			3,750	155	15,000
Total tocopherol	mg	37.0	4.6	14	42.0	1.7	167.9
Alpha-tocopherol	mg	7.8	1.2	14	8.8	0.4	35.2
LIPIDS:							
Fatty acids:							
Saturated, total	g	15.1			17.1	0.7	68.5
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.1	0.01	32	0.1	0.0	0.3
16:0	g	9.1	0.3	36	10.4	0.4	41.5
18:0	g	5.9	0.2	36	6.7	0.3	26.7
Monounsaturated, total	g	47.3			53.6	2.2	214.5
16:1	g						
18:1	g	47.3	0.8	36	53.6	2.2	214.5
20:1	g						
22:1	g						
Polyunsaturated, total	g	14.6			16.5	0.7	66.0
18:2	g	13.7	0.7	36	15.6	0.6	62.2
18:3	g	0.8	0.1	31	1.0	0.0	3.8
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	171	25	2	194	8	776
AMINO ACIDS:							
Tryptophan	g	0.012			0.014	0.001	0.054
Threonine	g	0.039			0.044	0.002	0.177
Isoleucine	g	0.052			0.059	0.002	0.236
Leucine	g	0.084			0.095	0.004	0.381
Lysine	g	0.068			0.077	0.003	0.308
Methionine	g	0.021			0.024	0.001	0.095
Cystine	g	0.008			0.009	0.000	0.036
Phenylalanine	g	0.041			0.046	0.002	0.186
Tyrosine	g	0.041			0.046	0.002	0.186
Valine	g	0.057			0.065	0.003	0.259
Arginine	g	0.031			0.035	0.001	0.141
Histidine	g	0.023			0.026	0.001	0.104
Alanine	g	0.029			0.033	0.001	0.132
Aspartic acid	g	0.065			0.074	0.003	0.295
Glutamic acid	g	0.179			0.203	0.008	0.812
Glycine	g	0.018			0.020	0.001	0.082
Proline	g	0.083			0.094	0.004	0.376
Serine	g	0.046			0.052	0.002	0.209

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data of all regular, hard, stick or brick margarines, salted.

MARGARINE, Regular, hard, stick or brick
 Soybean (hydrogenated), cottonseed (hydrogenated), and soybean¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 st	= 113.4 g	1 tsp	= 4.7 g
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	15.7	0.2	93	17.8	0.7	71.4
	{ kcal	718.7			815.0	33.8	3,260.1
Food energy	{ kJ	3,007.1			3,410.0	141.3	13,640.1
Protein (N X 6.38)	g	0.9	0.1	34	1.0	0.0	3.9
Total lipid (fat)	g	80.5	0.03	572	91.3	3.8	365.1
Carbohydrate, total	g	0.9			1.0	0.0	4.1
Fiber	g						
Ash	g	2.0	0.03	61	2.3	0.1	9.1
MINERALS:							
Calcium	mg	29.90			33.91	1.41	135.63
Iron	mg						
Magnesium	mg	2.60			2.95	0.12	11.79
Phosphorus	mg	22.90			25.97	1.08	103.87
Potassium	mg	42.40			48.08	1.99	192.33
Sodium	mg	943.42	9.46	337	1,069.84	44.34	4,279.35
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.160			0.181	0.008	0.726
Thiamin	mg	0.010			0.011	0.000	0.045
Riboflavin	mg	0.037			0.042	0.002	0.168
Niacin	mg	0.023			0.026	0.001	0.104
Pantothenic acid	mg	0.084			0.095	0.004	0.381
Vitamin B ₆	mg	0.009			0.010	0.000	0.041
Folacin	mcg	1.18			1.34	0.06	5.37
Vitamin B ₁₂	mcg	0.095			0.108	0.004	0.431
Vitamin A	{ RE	993			1,126	47	4,505
	{ IU	3,307			3,750	155	15,000
Total tocopherol	mg	3--		2	--	--	--
Alpha-tocopherol	mg	3.1	0.4		3.5	0.1	13.9
LIPIDS:							
Fatty acids:							
Saturated, total	g	15.6			17.7	0.7	70.6
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.2	0.001	2	0.2	0.0	0.7
16:0	g	9.2	0.6	4	10.5	0.4	41.9
18:0	g	6.2	0.4	4	7.0	0.3	28.0
Monounsaturated, total	g	41.2			46.7	1.9	187.0
16:1	g						
18:1	g	41.2	0.9	4	46.7	1.9	187.0
20:1	g						
22:1	g						
Polyunsaturated, total	g	20.2			22.9	0.9	91.5
18:2	g	19.0	0.4	4	21.6	0.9	86.4
18:3	g	1.1	0.3	4	1.3	0.1	5.1
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	208	22	4	235	10	941
AMINO ACIDS:							
Tryptophan	g	0.012			0.014	0.001	0.054
Threonine	g	0.039			0.044	0.002	0.177
Isoleucine	g	0.052			0.059	0.002	0.236
Leucine	g	0.084			0.095	0.004	0.381
Lysine	g	0.068			0.077	0.003	0.308
Methionine	g	0.021			0.024	0.001	0.095
Cystine	g	0.008			0.009	0.000	0.036
Phenylalanine	g	0.041			0.046	0.002	0.186
Tyrosine	g	0.041			0.046	0.002	0.186
Valine	g	0.057			0.065	0.003	0.259
Arginine	g	0.031			0.035	0.001	0.141
Histidine	g	0.023			0.026	0.001	0.104
Alanine	g	0.029			0.033	0.001	0.132
Aspartic acid	g	0.065			0.074	0.003	0.295
Glutamic acid	g	0.179			0.203	0.008	0.812
Glycine	g	0.018			0.020	0.001	0.082
Proline	g	0.083			0.094	0.004	0.376
Serine	g	0.046			0.052	0.002	0.209

¹ If vitamin D is added, each pound contains 2,000 I.U.

² Based on composite data of all regular, hard, stick or brick margarines, salted.

³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Regular, hard, stick or brick
Soybean (hydrogenated) and palm (hydrogenated)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight	1 st = 113.4 g 1 tsp = 4.7 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	15.7	0.2	93	17.8 815.0 3,410.0	0.7 33.8 141.3
Food energy	kcal	718.7				3,260.1
	kJ	3,007.1				13,640.1
Protein (N x 6.38)	g	0.9	0.1	34	1.0	3.9
Total lipid (fat)	g	80.5	0.03	572	91.3 1.0	365.1 4.1
Carbohydrate, total	g	0.9				
Fiber	g					
Ash	g	2.0	0.03	61	2.3	9.1
MINERALS:						
Calcium	mg	29.90			33.91	135.63
Iron	mg					
Magnesium	mg	2.60			2.95	11.79
Phosphorus	mg	22.90			25.97	103.87
Potassium	mg	42.40			48.08	192.33
Sodium	mg	943.42	9.46	337	1,069.84	4,279.35
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg	0.160			0.181	0.726
Thiamin	mg	0.010			0.011	0.045
Riboflavin	mg	0.037			0.042	0.168
Niacin	mg	0.023			0.026	0.104
Pantothenic acid	mg	0.084			0.095	0.381
Vitamin B ₆	mg	0.009			0.010	0.041
Folacin	mcg	1.18			1.34	5.37
Vitamin B ₁₂	mcg	0.095			0.108	0.431
Vitamin A	RE	993			1,126	4,505
	IU	3,307			3,750	15,000
Total tocopherol	mg	---			---	---
Alpha-tocopherol	mg	---			---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	15.1			17.1	68.5
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.0		1	0.0	0.0
14:0	g	0.2		1	0.3	1.0
16:0	g	10.2	1.5	4	11.5	46.1
18:0	g	4.6	0.2	4	5.2	20.9
Monounsaturated, total	g	32.0			36.3	145.2
16:1	g	0.1		1	0.1	0.3
18:1	g	31.9	0.5	4	36.2	144.6
20:1	g					
22:1	g					
Polyunsaturated, total	g	29.8			33.8	135.4
18:2	g	26.8	1.5	4	30.4	121.7
18:3	g	3.0	0.3	4	3.4	13.5
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	165	1	2	187	746
AMINO ACIDS:						
Tryptophan	g	0.012			0.014	0.054
Threonine	g	0.039			0.044	0.177
Isoleucine	g	0.052			0.059	0.236
Leucine	g	0.084			0.095	0.381
Lysine	g	0.068			0.077	0.308
Methionine	g	0.021			0.024	0.095
Cystine	g	0.008			0.009	0.036
Phenylalanine	g	0.041			0.046	0.186
Tyrosine	g	0.041			0.046	0.186
Valine	g	0.057			0.065	0.259
Arginine	g	0.031			0.035	0.141
Histidine	g	0.023			0.026	0.104
Alanine	g	0.029			0.033	0.132
Aspartic acid	g	0.065			0.074	0.295
Glutamic acid	g	0.179			0.203	0.812
Glycine	g	0.018			0.020	0.082
Proline	g	0.083			0.094	0.376
Serine	g	0.046			0.052	0.209

¹ If vitamin D is added, each pound contains 2,000 I.U.

² Based on composite data of all regular, hard, stick or brick margarines, salted.

³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Regular, hard, stick or brick

Soybean (hydrogenated), palm (hydrogenated), and palm¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean A	Standard error B	Number of samples C	Approximate measure and weight 1 st = 113.4 g 1 tsp = 4.7 g E	Refuse: 0 F	G
PROXIMATE: ²				1 st = 113.4 g 1 tsp = 4.7 g		
Water	g	15.7	0.2	93	17.8	0.7
Food energy	{ kcal	718.7		815.0	33.8	3,260.1
	{ kJ	3,007.1		3,410.0	141.3	13,640.1
Protein (N X 6.38)	g	0.9	0.1	34	1.0	3.9
Total lipid (fat)	g	80.5	0.03	572	91.3	365.1
Carbohydrate, total	g	0.9			1.0	4.1
Fiber	g					
Ash	g	2.0	0.03	61	2.3	0.1
MINERALS:						
Calcium	mg	29.90			33.91	1.41
Iron	mg					135.63
Magnesium	mg	2.60			2.95	0.12
Phosphorus	mg	22.90			25.97	1.08
Potassium	mg	42.40			48.08	1.99
Sodium	mg	943.42	9.46	337	1,069.84	44.34
Zinc	mg					4,279.35
VITAMINS:						
Ascorbic acid	mg	0.160			0.181	0.008
Thiamin	mg	0.010			0.011	0.045
Riboflavin	mg	0.037			0.042	0.002
Niacin	mg	0.023			0.026	0.001
Pantothenic acid	mg	0.084			0.095	0.004
Vitamin B ₆	mg	0.009			0.010	0.000
Folacin	mcg	1.18			1.34	0.06
Vitamin B ₁₂	mcg	0.095			0.108	0.004
Vitamin A	{ RE	993			1,126	47
	{ IU	3,307			3,750	155
Total tocopherol	mg	3---			---	---
Alpha-tocopherol	mg	---			---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	17.5			19.9	0.8
4:0	g					79.5
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	13.6		1	15.4	0.6
18:0	g	3.9		1	4.4	0.2
Monounsaturated, total	g	31.2			35.4	1.5
16:1	g					141.6
18:1	g	31.2		1	35.4	1.5
20:1	g					141.6
22:1	g					
Polyunsaturated, total	g	28.2			32.0	1.3
18:2	g	25.9		1	29.3	1.2
18:3	g	2.3		1	2.7	0.1
18:4	g					128.0
20:4	g					117.4
20:5	g					10.6
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	136		1	154	6
AMINO ACIDS:						
Tryptophan	g	0.012			0.014	0.054
Threonine	g	0.039			0.044	0.002
Isoleucine	g	0.052			0.059	0.002
Leucine	g	0.084			0.095	0.004
Lysine	g	0.068			0.077	0.003
Methionine	g	0.021			0.024	0.001
Cystine	g	0.008			0.009	0.000
Phenylalanine	g	0.041			0.046	0.002
Tyrosine	g	0.041			0.046	0.002
Valine	g	0.057			0.065	0.003
Arginine	g	0.031			0.035	0.001
Histidine	g	0.023			0.026	0.001
Alanine	g	0.029			0.033	0.001
Aspartic acid	g	0.065			0.074	0.003
Glutamic acid	g	0.179			0.203	0.008
Glycine	g	0.018			0.020	0.001
Proline	g	0.083			0.094	0.004
Serine	g	0.046			0.052	0.002

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data of all regular, hard, stick or brick margarines, salted.³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Regular, hard, stick or brick

Soybean, soybean (hydrogenated), and cottonseed (hydrogenated)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean A	Standard error B	Number of samples C	Approximate measure and weight			
				1 st = 113.4 g 1 tsp = 4.7 g E	F		
PROXIMATE: ²							
Water	g	15.7	0.2	93	17.8 815.0 3,410.0	0.7 33.8 141.3	71.4 3,260.1 13,640.1
Food energy	{ kcal kJ	718.7 3,007.1			1.0 0.0		3.9
Protein (N X 6.38)	g	0.9	0.1	34	1.0 91.3	0.0 3.8	365.1
Total lipid (fat)	g	80.5	0.03	572	1.0 0.0		4.1
Carbohydrate, total	g	0.9					
Fiber	g						
Ash	g	2.0	0.03	61	2.3	0.1	9.1
MINERALS:							
Calcium	mg	29.90			33.91	1.41	135.63
Iron	mg				2.95	0.12	11.79
Magnesium	mg	2.60			25.97	1.08	103.87
Phosphorus	mg	22.90			48.08	1.99	192.33
Potassium	mg	42.40					
Sodium	mg	943.42	9.46	337	1,069.84	44.34	4,279.35
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.160			0.181	0.008	0.726
Thiamin	mg	0.010			0.011	0.000	0.045
Riboflavin	mg	0.037			0.042	0.002	0.168
Niacin	mg	0.023			0.026	0.001	0.104
Pantothenic acid	mg	0.084			0.095	0.004	0.381
Vitamin B ₆	mg	0.009			0.010	0.000	0.041
Folacin	mcg	1.18			1.34	0.06	5.37
Vitamin B ₁₂	mcg	0.095			0.108	0.004	0.431
Vitamin A	{ RE	993			1,126	47	4,505
	IU	3,307			3,750	155	15,000
Total tocopherol	mg	70.2	19.8	4	79.6	3.3	318.2
Alpha-tocopherol	mg	12.4	3.5	4	14.1	0.6	56.3
LIPIDS:							
Fatty acids:							
Saturated, total	g	15.6			17.7	0.7	70.8
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.3	0.03	117	0.3	0.0	1.2
14:0	g	0.2	0.01	119	0.2	0.0	0.9
16:0	g	9.1	0.1	119	10.3	0.4	41.4
18:0	g	6.0	0.05	119	6.8	0.3	27.2
Monounsaturated, total	g	36.1			40.9	1.7	163.6
16:1	g						
18:1	g	35.9	0.1	52	40.7	1.7	162.7
20:1	g	0.2	0.1	22	0.2	0.0	0.9
22:1	g						
Polysaturated, total	g	25.3			28.7	1.2	114.7
18:2	g	22.5	0.1	119	25.5	1.1	101.9
18:3	g	2.8	0.1	119	3.2	0.1	12.8
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	172		1	195	8	780
AMINO ACIDS:							
Tryptophan	g	0.012			0.014	0.001	0.054
Threonine	g	0.039			0.044	0.002	0.177
Isoleucine	g	0.052			0.059	0.002	0.236
Leucine	g	0.084			0.095	0.004	0.381
Lysine	g	0.068			0.077	0.003	0.308
Methionine	g	0.021			0.024	0.001	0.095
Cystine	g	0.008			0.009	0.000	0.036
Phenylalanine	g	0.041			0.046	0.002	0.186
Tyrosine	g	0.041			0.046	0.002	0.186
Valine	g	0.057			0.065	0.003	0.259
Arginine	g	0.031			0.035	0.001	0.141
Histidine	g	0.023			0.026	0.001	0.104
Alanine	g	0.029			0.033	0.001	0.132
Aspartic acid	g	0.065			0.074	0.003	0.295
Glutamic acid	g	0.179			0.203	0.008	0.812
Glycine	g	0.018			0.020	0.001	0.082
Proline	g	0.083			0.094	0.004	0.376
Serine	g	0.046			0.052	0.002	0.209

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data of all regular, hard, stick or brick margarines, salted.

MARGARINE, Regular, hard, stick or brick

Sunflower, soybean (hydrogenated), and cottonseed (hydrogenated)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 st = 113.4 g	1 tsp = 4.7 g		
A	B	C	D	E	F	G	
PROXIMATE: ²							
Water	g	15.7	0.2	93	17.8 815.0	0.7 33.8	71.4 3,260.1
Food energy	{ kcal	718.7 3,007.1			3,410.0	141.3	13,640.1
Protein (N X 6.38)	g	0.9	0.1	34	1.0	0.0	3.9
Total lipid (fat)	g	80.5	0.03	572	91.3 1.0	3.8 0.0	365.1 4.1
Carbohydrate, total	g	0.9					
Fiber	g						
Ash	g	2.0	0.03	61	2.3	0.1	9.1
MINERALS:							
Calcium	mg	29.90			33.91	1.41	135.63
Iron	mg						
Magnesium	mg	2.60			2.95	0.12	11.79
Phosphorus	mg	22.90			25.97	1.08	103.87
Potassium	mg	42.40			48.08	1.99	192.33
Sodium	mg	943.42	9.46	337	1,069.84	44.34	4,279.35
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.160			0.181	0.008	0.726
Thiamin	mg	0.010			0.011	0.000	0.045
Riboflavin	mg	0.037			0.042	0.002	0.168
Niacin	mg	0.023			0.026	0.001	0.104
Pantothenic acid	mg	0.084			0.095	0.004	0.381
Vitamin B ₆	mg	0.009			0.010	0.000	0.041
Folacin	mcg	1.18			1.34	0.06	5.37
Vitamin B ₁₂	mcg	0.095			0.108	0.004	0.431
Vitamin A	{ RE	993			1,126	47	4,505
	IU	3,307			3,750	155	15,000
Total tocopherol	mg	---			---	---	---
Alpha-tocopherol	mg	---			---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	11.9			13.5	0.6	54.1
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.1		1	0.1	0.0	0.3
16:0	g	7.2		1	8.1	0.3	32.5
18:0	g	4.6		1	5.2	0.2	20.9
Monounsaturated, total	g	28.5			32.3	1.3	129.1
16:1	g						
18:1	g	28.5		1	32.3	1.3	129.1
20:1	g						
22:1	g						
Polysaturated, total	g	36.6			41.4	1.7	165.8
18:2	g	36.5		1	41.4	1.7	165.5
18:3	g	0.1		1	0.1	0.0	0.3
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---			---	---	---
AMINO ACIDS:							
Tryptophan	g	0.012			0.014	0.001	0.054
Threonine	g	0.039			0.044	0.002	0.177
Isoleucine	g	0.052			0.059	0.002	0.236
Leucine	g	0.084			0.095	0.004	0.381
Lysine	g	0.068			0.077	0.003	0.308
Methionine	g	0.021			0.024	0.001	0.095
Cystine	g	0.008			0.009	0.000	0.036
Phenylalanine	g	0.041			0.046	0.002	0.186
Tyrosine	g	0.041			0.046	0.002	0.186
Valine	g	0.057			0.065	0.003	0.259
Arginine	g	0.031			0.035	0.001	0.141
Histidine	g	0.023			0.026	0.001	0.104
Alanine	g	0.029			0.033	0.001	0.132
Aspartic acid	g	0.065			0.074	0.003	0.295
Glutamic acid	g	0.179			0.203	0.008	0.812
Glycine	g	0.018			0.020	0.001	0.082
Proline	g	0.083			0.094	0.004	0.376
Serine	g	0.046			0.052	0.002	0.209

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data of all regular, hard, stick or brick margarines, salted.³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Regular, hard, stick or brick
Unspecified ingredient oils, not salted¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
A	B	C	D	E	F	G	
PROXIMATE²							
Water	g	18.5	0.1	2	21.0	0.9	83.9
Food energy	{ kcal	714.0			809.7	33.6	3,238.8
	{ kJ	2,987.5			3,387.8	140.4	13,551.3
Protein (Nx 6.38)	g	0.5	0.0	2	0.6	0.0	2.3
Total lipid (fat)	g	80.3	0.1	56	91.1	3.8	364.3
Carbohydrate, total	g	0.5			0.5	0.0	2.2
Fiber	g						
Ash	g	0.2	0.0	2	0.2	0.0	0.9
MINERALS:							
Calcium	mg	17.40			19.73	0.82	78.93
Iron	mg						
Magnesium	mg	1.51			1.71	0.07	6.85
Phosphorus	mg	13.30			15.08	0.63	60.33
Potassium	mg	24.70			28.01	1.16	112.04
Sodium	mg	2.20	0.57	54	2.49	0.10	9.97
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.093			0.105	0.004	0.422
Thiamin	mg	0.006			0.007	0.000	0.027
Riboflavin	mg	0.021			0.024	0.001	0.095
Niacin	mg	0.013			0.015	0.001	0.059
Pantothenic acid	mg	0.049			0.056	0.002	0.222
Vitamin B ₆	mg	0.005			0.006	0.000	0.023
Folacin	mcg	0.69			0.78	0.03	3.13
Vitamin B ₁₂	mcg	0.056			0.064	0.003	0.254
Vitamin A	{ RE	993			1,126	47	4,505
	{ IU	3,307			3,750	155	15,000
Total tocopherol	mg	---			---	---	---
Alpha-tocopherol	mg	---			---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	15.0			17.0	0.7	68.1
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.3		1	0.3	0.0	1.4
14:0	g	0.2		1	0.2	0.0	0.9
16:0	g	9.5		1	10.8	0.4	43.3
18:0	g	5.0		1	5.6	0.2	22.5
Monounsaturated, total	g	36.7			41.7	1.7	166.7
16:1	g						
18:1	g	36.7		1	41.7	1.7	166.7
20:1	g						
22:1	g						
Polyunsaturated, total	g	25.0			28.4	1.2	113.6
18:2	g	24.7		1	28.1	1.2	112.3
18:3	g	0.3		1	0.3	0.0	1.3
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg				---	---	---
Phytosterols	mg	---			---	---	---
AMINO ACIDS:							
Tryptophan	g	0.007			0.008	0.000	0.032
Threonine	g	0.022			0.025	0.001	0.100
Isoleucine	g	0.030			0.034	0.001	0.136
Leucine	g	0.049			0.056	0.002	0.222
Lysine	g	0.039			0.044	0.002	0.177
Methionine	g	0.012			0.014	0.001	0.054
Cystine	g	0.005			0.006	0.000	0.023
Phenylalanine	g	0.024			0.027	0.001	0.109
Tyrosine	g	0.024			0.027	0.001	0.109
Valine	g	0.033			0.037	0.002	0.150
Arginine	g	0.018			0.020	0.001	0.082
Histidine	g	0.013			0.015	0.001	0.059
Alanine	g	0.017			0.019	0.001	0.077
Aspartic acid	g	0.038			0.043	0.002	0.172
Glutamic acid	g	0.104			0.118	0.005	0.472
Glycine	g	0.011			0.012	0.001	0.050
Proline	g	0.048			0.054	0.002	0.218
Serine	g	0.027			0.031	0.001	0.122

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data of all regular, hard, stick or brick margarines, not salted.³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Regular, hard, stick or brick
Unspecified ingredient oils, salted¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight	1 st = 113.4 g 1 tsp = 4.7 g	
A	B	C	D	E	F	G
PROXIMATE:²						
Water	g . . .	15.7	0.2	93	17.8 815.0	0.7 33.8
Food energy	{ kcal . . .	718.7			3,410.0	3,260.1
	{ kJ . . .	3,007.1				13,640.1
Protein (N X 6.38)	g . . .	0.9	0.1	34	1.0	0.0
Total lipid (fat)	g . . .	80.5	0.03	572	91.3	3.8
Carbohydrate, total	g . . .	0.9			1.0	0.0
Fiber	g . . .					4.1
Ash	g . . .	2.0	0.03	61	2.3	0.1
MINERALS:						
Calcium	mg . . .	29.90			33.91	1.41
Iron	mg . . .	0.06			0.07	0.00
Magnesium	mg . . .	2.60			2.95	0.12
Phosphorus	mg . . .	22.90			25.97	1.08
Potassium	mg . . .	42.40			48.08	1.99
Sodium	mg . . .	943.42	9.46	337	1,069.84	44.34
Zinc	mg . . .					4,279.35
VITAMINS:						
Ascorbic acid	mg . . .	0.160			0.181	0.008
Thiamin	mg . . .	0.010			0.011	0.000
Riboflavin	mg . . .	0.037			0.042	0.002
Niacin	mg . . .	0.023			0.026	0.001
Pantothenic acid	mg . . .	0.084			0.095	0.004
Vitamin B ₆	mg . . .	0.009			0.010	0.000
Folacin	mcg . . .	1.18			1.34	0.06
Vitamin B ₁₂	mcg . . .	0.095			0.108	0.004
Vitamin A	{ RE . . .	993			1,126	47
	{ IU . . .	3,307			3,750	155
Total tocopherol	mg . . .	---			---	---
Alpha-tocopherol	mg . . .	---			---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	15.8			17.9	0.7
4:0	g . . .					71.5
6:0	g . . .					
8:0	g . . .					
10:0	g . . .					
12:0	g . . .					
14:0	g . . .	0.2	0.02	16	0.2	0.0
16:0	g . . .	9.7	0.6	17	11.0	0.5
18:0	g . . .	5.9	0.4	17	6.7	0.3
Monounsaturated, total . . .	g . . .	35.8			40.6	1.7
16:1	g . . .					162.4
18:1	g . . .	35.8	1.5	17	40.6	1.7
20:1	g . . .					
22:1	g . . .					
Polyunsaturated, total . . .	g . . .	25.4			28.8	1.2
18:2	g . . .	24.3	1.8	17	27.6	1.1
18:3	g . . .	1.1	0.2	17	1.2	0.0
18:4	g . . .					
20:4	g . . .					
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .					
Phytosterols	mg . . .	---			---	---
AMINO ACIDS:						
Tryptophan	g . . .	0.012			0.014	0.001
Threonine	g . . .	0.039			0.044	0.002
Isoleucine	g . . .	0.052			0.059	0.002
Leucine	g . . .	0.084			0.095	0.004
Lysine	g . . .	0.068			0.077	0.003
Methionine	g . . .	0.021			0.024	0.001
Cystine	g . . .	0.008			0.009	0.000
Phenylalanine	g . . .	0.041			0.046	0.002
Tyrosine	g . . .	0.041			0.046	0.002
Valine	g . . .	0.057			0.065	0.003
Arginine	g . . .	0.031			0.035	0.001
Histidine	g . . .	0.023			0.026	0.001
Alanine	g . . .	0.029			0.033	0.001
Aspartic acid	g . . .	0.065			0.074	0.003
Glutamic acid	g . . .	0.179			0.203	0.008
Glycine	g . . .	0.018			0.020	0.001
Proline	g . . .	0.083			0.094	0.004
Serine	g . . .	0.046			0.052	0.002

¹ If vitamin D is added, each pound contains 2,000 I.U.

² Based on composite data of all regular, hard, stick or brick margarines, salted.

³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean A	Standard error B	Number of samples C	Approximate measure and weight			
				1 c = 227 g E	1 tsp = 4.7 g F		
PROXIMATE:							
Water	g	16.2	0.1	69	36.8 1,626.2	0.8 33.7	
Food energy	{ kcal	716.4			6,804.1	3,249.6 13,596.3	
Protein (N X 6.38)	g	0.8	0.1	30	1.7	0.0 3.4	
Total lipid (fat)	g	80.4	0.1	189	182.6	3.8 364.9	
Carbohydrate, total	g	0.5			1.2	0.0 2.4	
Fiber	g						
Ash	g	2.0	0.03	49	4.6	0.1 9.2	
MINERALS:							
Calcium	mg	26.50			60.16	120.20	
Iron	mg						
Magnesium	mg	2.31			5.24	10.48	
Phosphorus	mg	20.30			46.08	92.08	
Potassium	mg	37.70			85.58	171.01	
Sodium	mg	1,078.65	19.84	69	2,448.54	50.70 4,892.76	
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.141			0.320	0.640	
Thiamin	mg	0.009			0.020	0.041	
Riboflavin	mg	0.032			0.073	0.145	
Niacin	mg	0.020			0.045	0.091	
Pantothenic acid	mg	0.075			0.170	0.340	
Vitamin B ₆	mg	0.008			0.018	0.036	
Folacin	mcg	1.05			2.37	0.05 4.74	
Vitamin B ₁₂	mcg	0.084			0.191	0.004 0.381	
Vitamin A	{ RE	993			2,254	47 4,505	
	{ IU	3,307			7,507	156 15,000	
Total tocopherol	mg	42.4	6.6	5	96.2	2.0 192.1	
Alpha-tocopherol	mg	10.0	1.6	5	22.6	0.5 45.2	
LIPIDS:							
Fatty acids:							
Saturated, total	g	14.1			32.0	0.7 63.9	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.1	0.03	7	0.2	0.0 0.3	
16:0	g	9.3	0.1	26	21.2	0.4 42.3	
18:0	g	4.7	0.2	26	10.6	0.2 21.3	
Monounsaturated, total	g	31.6			71.6	1.5 143.2	
16:1	g						
18:1	g	31.6	0.9	26	71.6	1.5 143.2	
20:1	g						
22:1	g						
Polyunsaturated, total	g	31.2			70.9	1.5 141.7	
18:2	g	30.3	1.0	26	68.8	1.4 137.6	
18:3	g	0.9	0.2	24	2.1	0.0 4.1	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	483	50	10	1,096	23 2,190	
AMINO ACIDS:							
Tryptophan	g	0.011			0.025	0.001 0.050	
Threonine	g	0.034			0.077	0.002 0.154	
Isoleucine	g	0.046			0.104	0.002 0.209	
Leucine	g	0.074			0.168	0.003 0.336	
Lysine	g	0.060			0.136	0.003 0.272	
Methionine	g	0.019			0.043	0.001 0.086	
Cystine	g	0.007			0.016	0.000 0.032	
Phenylalanine	g	0.037			0.084	0.002 0.168	
Tyrosine	g	0.037			0.084	0.002 0.168	
Valine	g	0.051			0.116	0.002 0.231	
Arginine	g	0.027			0.061	0.001 0.122	
Histidine	g	0.021			0.048	0.001 0.095	
Alanine	g	0.026			0.059	0.001 0.118	
Aspartic acid	g	0.058			0.132	0.003 0.263	
Glutamic acid	g	0.159			0.361	0.007 0.721	
Glycine	g	0.016			0.036	0.001 0.073	
Proline	g	0.074			0.168	0.003 0.336	
Serine	g	0.041			0.093	0.002 0.186	

¹ If vitamin D is added, each pound contains 2,000 I.U.

MARGARINE, Regular, soft, tub
Safflower, cottonseed (hydrogenated), and peanut (hydrogenated)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight	Refuse: 0	
A	B	C	D	E	F	G
PROXIMATE:²						
Water	g	16.2	0.1	69	36.8 1 c = 227 g	0.8 1 tsp = 4.7 g
Food energy	{ kcal	716.4			1,626.2 6,804.1	33.7 140.9
Food energy	{ kJ	2,997.4				3,249.6 13,596.3
Protein (N X 6.38)	g	0.8	0.1	30	1.7	0.0 3.4
Total lipid (fat)	g	80.4	0.1	189	182.6	3.8
Carbohydrate, total	g	0.5			1.2	0.0 364.9
Fiber	g					2.4
Ash	g	2.0	0.03	49	4.6	0.1 9.2
MINERALS:						
Calcium	mg	26.50			60.16	1.25
Iron	mg					120.20
Magnesium	mg	2.31			5.24	0.11
Phosphorus	mg	20.30			46.08	0.95
Potassium	mg	37.70			85.58	1.77
Sodium	mg	1,078.65	19.84	69	2,448.54	50.70
Zinc	mg					4,892.76
VITAMINS:						
Ascorbic acid	mg	0.141			0.320	0.007
Thiamin	mg	0.009			0.020	0.000
Riboflavin	mg	0.032			0.073	0.002
Niacin	mg	0.020			0.045	0.001
Pantothenic acid	mg	0.075			0.170	0.004
Vitamin B ₆	mg	0.008			0.018	0.000
Folacin	mcg	1.05			2.37	0.05
Vitamin B ₁₂	mcg	0.084			0.191	0.004
Vitamin A	{ RE	993			2,254	47
Vitamin A	{ IU	3,307			7,507	155
Total tocopherol	mg	---			---	---
Alpha-tocopherol	mg	---			---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	13.4			30.3	0.6
4:0	g					60.6
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.1			0.2	0.0
16:0	g	8.3	0.5	1	18.8	0.4
18:0	g	5.0	1.1	3	11.3	0.2
Monounsaturated, total	g	14.0			31.8	0.7
16:1	g					63.4
18:1	g	14.0	0.2	3	31.8	0.7
20:1	g					63.4
22:1	g					
Polysaturated, total	g	49.5			112.5	2.3
18:2	g	49.5	1.7	3	112.5	2.3
18:3	g	0.0	0.0	3	0.0	0.0
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	---			---	---
AMINO ACIDS:						
Tryptophan	g	0.011			0.025	0.001
Threonine	g	0.034			0.077	0.002
Isoleucine	g	0.046			0.104	0.002
Leucine	g	0.074			0.168	0.003
Lysine	g	0.060			0.136	0.003
Methionine	g	0.019			0.043	0.001
Cystine	g	0.007			0.016	0.000
Phenylalanine	g	0.037			0.084	0.002
Tyrosine	g	0.037			0.084	0.002
Valine	g	0.051			0.116	0.002
Arginine	g	0.027			0.061	0.001
Histidine	g	0.021			0.048	0.001
Alanine	g	0.026			0.059	0.001
Aspartic acid	g	0.058			0.132	0.003
Glutamic acid	g	0.159			0.361	0.007
Glycine	g	0.016			0.036	0.001
Proline	g	0.074			0.168	0.003
Serine	g	0.041			0.093	0.002

¹ If vitamin D is added, each pound contains 2,000 I.U.

² Based on composite data of all regular, soft, tub margarines, salted.

³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight	Refuse: 0		
A	B	C	D	E	F	G	
PROXIMATE: ²							
Water	g . . .	16.2	0.1	69	36.8	0.8	73.6
Food energy	{ kcal . . .	716.4			1,626.2	33.7	3,249.6
	{ kJ . . .	2,997.4			6,804.1	140.9	13,596.3
Protein (N X 6.38)	g . . .	0.8	0.1	30	1.7	0.0	3.4
Total lipid (fat)	g . . .	80.4	0.1	189	182.6	3.8	364.9
Carbohydrate, total	g . . .	0.5			1.2	0.0	2.4
Fiber	g . . .						
Ash	g . . .	2.0	0.03	49	4.6	0.1	9.2
MINERALS:							
Calcium	mg . . .	26.50			60.16	1.25	120.20
Iron	mg . . .						
Magnesium	mg . . .	2.31			5.24	0.11	10.48
Phosphorus	mg . . .	20.30			46.08	0.95	92.08
Potassium	mg . . .	37.70			85.58	1.77	171.01
Sodium	mg . . .	1,078.65	19.84	69	2,448.54	50.70	4,892.76
Zinc	mg . . .						
VITAMINS:							
Ascorbic acid	mg . . .	0.141			0.320	0.007	0.640
Thiamin	mg . . .	0.009			0.020	0.000	0.041
Riboflavin	mg . . .	0.032			0.073	0.002	0.145
Niacin	mg . . .	0.020			0.045	0.001	0.091
Pantothenic acid	mg . . .	0.075			0.170	0.004	0.340
Vitamin B ₆	mg . . .	0.008			0.018	0.000	0.036
Folacin	mcg . . .	1.05			2.37	0.05	4.74
Vitamin B ₁₂	mcg . . .	0.084			0.191	0.004	0.381
Vitamin A	{ RE . . .	993			2,254	47	4,605
	{ IU . . .	3,307			7,507	155	15,000
Total tocopherol	mg . . .	---			---	---	---
Alpha-tocopherol	mg . . .	12.9	4.5	2	29.2	0.6	58.3
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	9.2			20.9	0.4	41.8
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .						
12:0	g . . .						
14:0	g . . .	0.1		1	0.2	0.0	0.3
16:0	g . . .	5.8		1	13.2	0.3	26.3
18:0	g . . .	3.3		1	7.6	0.2	15.1
Monounsaturated, total	g . . .	23.2			52.6	1.1	105.0
16:1	g . . .						
18:1	g . . .	23.2		1	52.6	1.1	105.0
20:1	g . . .						
22:1	g . . .						
Polysaturated, total	g . . .	44.5			101.1	2.1	202.0
18:2	g . . .	44.5		1	101.1	2.1	202.0
18:3	g . . .	0.0		1	0.0	0.0	0.0
18:4	g . . .						
20:4	g . . .						
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .				---	---	---
Phytosterols	mg . . .	---			---	---	---
AMINO ACIDS:							
Tryptophan	g . . .	0.011			0.025	0.001	0.050
Threonine	g . . .	0.034			0.077	0.002	0.154
Isoleucine	g . . .	0.046			0.104	0.002	0.209
Leucine	g . . .	0.074			0.168	0.003	0.336
Lysine	g . . .	0.060			0.136	0.003	0.272
Methionine	g . . .	0.019			0.043	0.001	0.086
Cystine	g . . .	0.007			0.016	0.000	0.032
Phenylalanine	g . . .	0.037			0.084	0.002	0.168
Tyrosine	g . . .	0.037			0.084	0.002	0.168
Valine	g . . .	0.051			0.116	0.002	0.231
Arginine	g . . .	0.027			0.061	0.001	0.122
Histidine	g . . .	0.021			0.048	0.001	0.095
Alanine	g . . .	0.026			0.059	0.001	0.118
Aspartic acid	g . . .	0.058			0.132	0.003	0.263
Glutamic acid	g . . .	0.159			0.361	0.007	0.721
Glycine	g . . .	0.016			0.036	0.001	0.073
Proline	g . . .	0.074			0.168	0.003	0.336
Serine	g . . .	0.041			0.093	0.002	0.186

¹ If vitamin D is added, each pound contains 2,000 I.U.

² Based on composite data of all regular, soft, tub margarines, salted.

³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Regular, soft, tub
Soybean (hydrogenated), not salted¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight	1 c = 227 g 1 tsp = 4.7 g	
A	B	C	D	E	F	G
PROXIMATE:²						
Water	g . . .	17.9	2.0	2	40.5 1,626.3 6,804.5	0.8 33.7 140.9 0.0 3.7
Food energy	{ kcal . . .	716.4				81.0 3,249.8 13,597.1
	kJ . . .	2,997.6				
Protein (N X 6.38)	g . . .	0.8			1.7	3.7
Total lipid (fat)	g . . .	80.3	0.3	6	182.2	3.8
Carbohydrate, total	g . . .	0.9			2.1	0.0
Fiber	g . . .					4.1
Ash	g . . .	0.2			0.5	0.9
MINERALS:						
Calcium	mg . . .	26.50			60.16	1.25
Iron	mg . . .					120.20
Magnesium	mg . . .	2.31			5.24	0.11
Phosphorus	mg . . .	20.30			46.08	0.95
Potassium	mg . . .	37.70			85.58	1.77
Sodium	mg . . .	27.54	0.00	2	62.51	1.29
Zinc	mg . . .					124.91
VITAMINS:						
Ascorbic acid	mg . . .	0.141			0.320	0.640
Thiamin	mg . . .	0.009			0.020	0.041
Riboflavin	mg . . .	0.032			0.073	0.145
Niacin	mg . . .	0.020			0.045	0.091
Pantothenic acid	mg . . .	0.075			0.170	0.340
Vitamin B ₆	mg . . .	0.008			0.018	0.036
Folacin	mcg . . .	1.05			2.37	0.05
Vitamin B ₁₂	mcg . . .	0.084			0.191	0.381
Vitamin A	{ RE . . .	993			2,254	47
	IU . . .	3,307			7,507	155
Total tocopherol	mg . . .	2--			---	---
Alpha-tocopherol	mg . . .	3.2	0.5	3	7.2	0.1
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	13.5			30.6	0.6
4:0	g . . .					61.2
6:0	g . . .					
8:0	g . . .					
10:0	g . . .					
12:0	g . . .					
14:0	g . . .	0.1	0.0	12	0.3	0.0
16:0	g . . .	8.6	0.1	14	19.6	0.4
18:0	g . . .	4.7	0.2	14	10.7	0.2
Monounsaturated, total	g . . .	36.4			82.7	1.7
16:1	g . . .					165.2
18:1	g . . .	36.4	0.4	14	82.7	1.7
20:1	g . . .					165.2
22:1	g . . .					
Polyunsaturated, total	g . . .	26.8			60.9	1.3
18:2	g . . .	25.9	0.4	14	58.9	1.2
18:3	g . . .	0.9	0.1	14	2.0	0.0
18:4	g . . .					4.0
20:4	g . . .					
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .					
Phytosterols	mg . . .	144	0.3	3	326	7
AMINO ACIDS:						
Tryptophan	g . . .	0.011			0.025	0.001
Threonine	g . . .	0.034			0.077	0.002
Isoleucine	g . . .	0.046			0.104	0.002
Leucine	g . . .	0.074			0.168	0.003
Lysine	g . . .	0.060			0.136	0.003
Methionine	g . . .	0.019			0.043	0.001
Cystine	g . . .	0.007			0.016	0.000
Phenylalanine	g . . .	0.037			0.084	0.002
Tyrosine	g . . .	0.037			0.084	0.002
Valine	g . . .	0.051			0.116	0.002
Arginine	g . . .	0.027			0.061	0.001
Histidine	g . . .	0.021			0.048	0.001
Alanine	g . . .	0.026			0.059	0.001
Aspartic acid	g . . .	0.058			0.132	0.003
Glutamic acid	g . . .	0.159			0.361	0.007
Glycine	g . . .	0.016			0.036	0.001
Proline	g . . .	0.074			0.168	0.003
Serine	g . . .	0.041			0.093	0.002

¹ If vitamin D is added, each pound contains 2,000 I.U.

² Based on composite data of all regular, soft, tub margarines, not salted.

³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 c = 227 g	1 tsp = 4.7 g		
A	B	C	D	E	F	G	
PROXIMATE:²							
Water	g	16.2	0.1	69	36.8	0.8	73.6
Food energy	{ kcal	716.4			1,626.2	33.7	3,249.6
	{ kJ	2,997.4			6,804.1	140.9	13,596.3
Protein (N X 6.38)	g	0.8	0.1	30	1.7	0.0	3.4
Total lipid (fat)	g	80.4	0.1	189	182.6	3.8	364.9
Carbohydrate, total	g	0.5			1.2	0.0	2.4
Fiber	g						
Ash	g	2.0	0.03	49	4.6	0.1	9.2
MINERALS:							
Calcium	mg	26.50			60.16	1.25	120.20
Iron	mg						
Magnesium	mg	2.31			5.24	0.11	10.48
Phosphorus	mg	20.30			46.08	0.95	92.08
Potassium	mg	37.70			85.58	1.77	171.01
Sodium	mg	1,078.65	19.84	69	2,448.54	50.70	4,892.76
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.141			0.320	0.007	0.640
Thiamin	mg	0.009			0.020	0.000	0.041
Riboflavin	mg	0.032			0.073	0.002	0.145
Niacin	mg	0.020			0.045	0.001	0.091
Pantothenic acid	mg	0.075			0.170	0.004	0.340
Vitamin B ₆	mg	0.008			0.018	0.000	0.036
Folacin	mcg	1.05			2.37	0.05	4.74
Vitamin B ₁₂	mcg	0.084			0.191	0.004	0.381
Vitamin A	{ RE	993			2,254	47	4,505
	{ IU	3,307			7,507	155	15,000
Total tocopherol	mg	41.1	4.4	5	93.3	1.9	186.4
Alpha-tocopherol	mg	2.9	0.3	5	6.6	0.1	13.2
LIPIDS:							
Fatty acids:							
Saturated, total	g	13.5			30.7	0.6	61.4
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.1	0.02	12	0.3	0.0	0.6
16:0	g	8.7	0.1	14	19.7	0.4	39.3
18:0	g	4.7	0.2	14	10.8	0.2	21.5
Monounsaturated, total	g	36.5			82.8	1.7	165.5
16:1	g						
18:1	g	36.5	0.4	14	82.8	1.7	165.5
20:1	g						
22:1	g						
Polyunsaturated, total	g	26.9			61.0	1.3	121.9
18:2	g	26.0	0.3	14	59.0	1.2	117.9
18:3	g	0.9	0.1	14	2.0	0.0	4.0
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	305	56	10	693	14	1,385
AMINO ACIDS:							
Tryptophan	g	0.011			0.025	0.001	0.050
Threonine	g	0.034			0.077	0.002	0.154
Isoleucine	g	0.046			0.104	0.002	0.209
Leucine	g	0.074			0.168	0.003	0.336
Lysine	g	0.060			0.136	0.003	0.272
Methionine	g	0.019			0.043	0.001	0.086
Cystine	g	0.007			0.016	0.000	0.032
Phenylalanine	g	0.037			0.084	0.002	0.168
Tyrosine	g	0.037			0.084	0.002	0.168
Valine	g	0.051			0.116	0.002	0.231
Arginine	g	0.027			0.061	0.001	0.122
Histidine	g	0.021			0.048	0.001	0.095
Alanine	g	0.026			0.059	0.001	0.118
Aspartic acid	g	0.058			0.132	0.003	0.263
Glutamic acid	g	0.159			0.361	0.007	0.721
Glycine	g	0.016			0.036	0.001	0.073
Proline	g	0.074			0.168	0.003	0.336
Serine	g	0.041			0.093	0.002	0.186

¹ If vitamin D is added, each pound contains 2,000 I.U.

² Based on composite data of all regular, soft, tub margarines, salted.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse:0	
	Mean A	Standard error B	Number of samples C	Approximate measure and weight			
				1 c = 227 g E	1 tsp = 4.7 g F		
PROXIMATE: ²							
Water	g	16.2	0.1	69	36.8	0.8	
Food energy	{ kcal	716.4			1,626.2	33.7	
	{ kJ	2,997.4			6,804.1	140.9	
Protein (N X 6.38)	g	0.8	0.1	30	1.7	0.0	
Total lipid (fat)	g	80.4	0.1	189	182.6	3.8	
Carbohydrate, total	g	0.5			1.2	0.0	
Fiber	g					2.4	
Ash	g	2.0	0.03	49	4.6	0.1	
MINERALS:							
Calcium	mg	26.50			60.16	1.25	
Iron	mg					120.20	
Magnesium	mg	2.31			5.24	0.11	
Phosphorus	mg	20.30			46.08	0.95	
Potassium	mg	37.70			85.58	1.77	
Sodium	mg	1,078.65	19.84	69	2,448.54	50.70	
Zinc	mg					4,892.76	
VITAMINS:							
Ascorbic acid	mg	0.141			0.320	0.007	
Thiamin	mg	0.009			0.020	0.000	
Riboflavin	mg	0.032			0.073	0.002	
Niacin	mg	0.020			0.045	0.001	
Pantothenic acid	mg	0.075			0.170	0.004	
Vitamin B ₆	mg	0.008			0.018	0.000	
Folacin	mcg	1.05			2.37	0.05	
Vitamin B ₁₂	mcg	0.084			0.191	0.004	
Vitamin A	{ RE	993			2,254	47	
	{ IU	3,307			7,507	155	
Total tocopherol	mg	---		1	---	---	
Alpha-tocopherol	mg	6.3			14.3	0.3	
LIPIDS:							
Fatty acids:							
Saturated, total	g	16.5			37.4	0.8	
4:0	g					74.8	
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.3	0.1	6	0.6	0.0	
16:0	g	10.5	0.3	6	23.7	0.5	
18:0	g	5.8	0.6	6	13.1	0.3	
Monounsaturated, total	g	31.3			71.1	1.5	
16:1	g					142.1	
18:1	g	31.3	1.2	6	71.1	1.5	
20:1	g					142.1	
22:1	g						
Polyunsaturated, total	g	29.1			66.0	1.4	
18:2	g	27.5	0.5	6	62.4	1.3	
18:3	g	1.6	0.5	6	3.6	0.1	
18:4	g					7.2	
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	189	5	2	429	9	
AMINO ACIDS:							
Tryptophan	g	0.011			0.025	0.001	
Threonine	g	0.034			0.077	0.002	
Isoleucine	g	0.046			0.104	0.002	
Leucine	g	0.074			0.168	0.003	
Lysine	g	0.060			0.136	0.003	
Methionine	g	0.019			0.043	0.001	
Cystine	g	0.007			0.016	0.000	
Phenylalanine	g	0.037			0.084	0.002	
Tyrosine	g	0.037			0.084	0.002	
Valine	g	0.051			0.116	0.002	
Arginine	g	0.027			0.061	0.001	
Histidine	g	0.021			0.048	0.001	
Alanine	g	0.026			0.059	0.001	
Aspartic acid	g	0.058			0.132	0.003	
Glutamic acid	g	0.159			0.361	0.007	
Glycine	g	0.016			0.036	0.001	
Proline	g	0.074			0.168	0.003	
Serine	g	0.041			0.093	0.002	

¹ If vitamin D is added, each pound contains 2,000 I.U.

² Based on composite data of all regular, soft, tub margarines, salted.

³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Regular, soft, tub
Soybean (hydrogenated) and cottonseed (hydrogenated), not salted¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean B	Standard error C	Number of samples D	Approximate measure and weight			
				1 c = 227 g	1 tsp = 4.7 g		
A	B	C	D	E	F	G	
PROXIMATE:²							
Water	g	17.9	2.0	2	40.5	0.8	
Food energy	{ kcal	716.4		1,626.3	33.7	81.0	
	{ kJ	2,997.6		6,804.5	140.9	3,249.8	
Protein (N X 5.38)	g	0.8		1.7	0.0	13,597.1	
Total lipid (fat)	g	80.3	0.3	182.2	3.8	3.7	
Carbohydrate, total	g	0.9		2.1	0.0	364.2	
Fiber	g					4.1	
Ash	g	0.2		0.5	0.0	0.9	
MINERALS:							
Calcium	mg	26.50		60.16	1.25	120.20	
Iron	mg						
Magnesium	mg	2.31		5.24	0.11	10.48	
Phosphorus	mg	20.30		46.08	0.95	92.08	
Potassium	mg	37.70		85.58	1.77	171.01	
Sodium	mg	27.54	0.00	62.51	1.29	124.91	
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.141		0.320	0.007	0.640	
Thiamin	mg	0.009		0.020	0.000	0.041	
Riboflavin	mg	0.032		0.073	0.002	0.145	
Niacin	mg	0.020		0.045	0.001	0.091	
Pantothenic acid	mg	0.075		0.170	0.004	0.340	
Vitamin B ₆	mg	0.008		0.018	0.000	0.036	
Folacin	mcg	1.05		2.37	0.05	4.74	
Vitamin B ₁₂	mcg	0.084		0.191	0.004	0.381	
Vitamin A	{ RE	993		2,254	47	4,505	
	{ IU	3,307		7,507	155	15,000	
Total tocopherol	mg	---		---	---	---	
Alpha-tocopherol	mg	---		---	---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	14.1		32.1	0.7	64.1	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.1	0.03	6	0.3	0.0	
16:0	g	8.7	0.2	10	19.7	0.4	
18:0	g	5.3	0.3	10	12.1	0.3	
Monounsaturated, total	g	38.1		86.5	1.8	172.8	
16:1	g						
18:1	g	38.1	0.8	10	86.5	1.8	
20:1	g						
22:1	g						
Polyunsaturated, total	g	24.5		55.7	1.2	111.2	
18:2	g	23.2	0.8	10	52.8	1.1	
18:3	g	1.3	0.2	10	2.9	0.1	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---		---	---	---	
AMINO ACIDS:							
Tryptophan	g	0.011		0.025	0.001	0.050	
Threonine	g	0.034		0.077	0.002	0.154	
Isoleucine	g	0.046		0.104	0.002	0.209	
Leucine	g	0.074		0.168	0.003	0.336	
Lysine	g	0.060		0.136	0.003	0.272	
Methionine	g	0.019		0.043	0.001	0.086	
Cystine	g	0.007		0.016	0.000	0.032	
Phenylalanine	g	0.037		0.084	0.002	0.168	
Tyrosine	g	0.037		0.084	0.002	0.168	
Valine	g	0.051		0.116	0.002	0.231	
Arginine	g	0.027		0.061	0.001	0.122	
Histidine	g	0.021		0.048	0.001	0.095	
Alanine	g	0.026		0.059	0.001	0.118	
Aspartic acid	g	0.058		0.132	0.003	0.263	
Glutamic acid	g	0.159		0.361	0.007	0.721	
Glycine	g	0.016		0.036	0.001	0.073	
Proline	g	0.074		0.168	0.003	0.336	
Serine	g	0.041		0.093	0.002	0.186	

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data of all regular, soft, tub margarines, not salted.³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Regular, soft, tub
 Soybean (hydrogenated) and cottonseed (hydrogenated), salted¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 c = 227 g	1 tsp = 4.7 g		
A	B	C	D	E	F	G	
PROXIMATE: ²							
Water	g	16.2	0.1	69	36.8	0.8	
	kcal	716.4			1,626.2	33.7	
Food energy	kJ	2,997.4			6,804.1	140.9	
Protein (N X 6.38)	g	0.8	0.1	30	1.7	0.0	
Total lipid (fat)	g	80.4	0.1	189	182.6	3.8	
Carbohydrate, total	g	0.5			1.2	0.0	
Fiber	g					2.4	
Ash	g	2.0	0.03	49	4.6	0.1	
MINERALS:							
Calcium	mg	26.50			60.16	1.25	
Iron	mg					120.20	
Magnesium	mg	2.31			5.24	0.11	
Phosphorus	mg	20.30			46.08	0.96	
Potassium	mg	37.70			85.58	1.77	
Sodium	mg	1,078.65	19.84	69	2,448.54	50.70	
Zinc	mg					4,892.76	
VITAMINS:							
Ascorbic acid	mg	0.141			0.320	0.007	
Thiamin	mg	0.009			0.020	0.000	
Riboflavin	mg	0.032			0.073	0.002	
Niacin	mg	0.020			0.045	0.001	
Pantothenic acid	mg	0.075			0.170	0.004	
Vitamin B ₆	mg	0.008			0.018	0.000	
Folacin	mcg	1.05			2.37	0.05	
Vitamin B ₁₂	mcg	0.084			0.191	0.004	
Vitamin A	{RE.	993			2,254	47	
	IU	3,307			7,507	155	
Total tocopherol	mg	72.6	10.3	4	164.7	3.4	
Alpha-tocopherol	mg	5.7	0.6	4	12.8	0.3	
LIPIDS:							
Fatty acids:							
Saturated, total	g	14.2			32.2	0.7	
4:0	g					64.3	
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.1	0.03	6	0.3	0.0	
16:0	g	8.7	0.2	10	19.8	0.4	
18:0	g	5.3	0.3	10	12.1	0.3	
Monounsaturated, total	g	38.2			86.6	1.8	
16:1	g					173.1	
18:1	g	38.2	0.8	10	86.6	1.8	
20:1	g						
22:1	g						
Polyunsaturated, total	g	24.6			55.8	1.2	
18:2	g	23.3	0.7	10	52.9	1.1	
18:3	g	1.3	0.2	10	2.9	0.1	
18:4	g					5.8	
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	301	50	5	683	14	
AMINO ACIDS:							
Tryptophan	g	0.011			0.025	0.001	
Threonine	g	0.034			0.077	0.002	
Isoleucine	g	0.046			0.104	0.002	
Leucine	g	0.074			0.168	0.003	
Lysine	g	0.060			0.136	0.003	
Methionine	g	0.019			0.043	0.001	
Cystine	g	0.007			0.016	0.000	
Phenylalanine	g	0.037			0.084	0.002	
Tyrosine	g	0.037			0.084	0.002	
Valine	g	0.051			0.116	0.002	
Arginine	g	0.027			0.061	0.001	
Histidine	g	0.021			0.048	0.001	
Alanine	g	0.026			0.059	0.001	
Aspartic acid	g	0.058			0.132	0.003	
Glutamic acid	g	0.159			0.361	0.007	
Glycine	g	0.016			0.036	0.001	
Proline	g	0.074			0.168	0.003	
Serine	g	0.041			0.093	0.002	

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data of all regular, soft, tub margarines, salted.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight	Refuse: 0	G	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	16.2	0.1	69	36.8	0.8	73.6
Food energy	{ kcal	716.4			1,626.2	33.7	3,249.6
	{ kJ	2,997.4			6,804.1	140.9	13,596.3
Protein (N X 6.38)	g	0.8	0.1	30	1.7	0.0	3.4
Total lipid (fat)	g	80.4	0.1	189	182.6	3.8	364.9
Carbohydrate, total	g	0.5			1.2	0.0	2.4
Fiber	g						
Ash	g	2.0	0.03	49	4.6	0.1	9.2
MINERALS:							
Calcium	mg	26.50			60.16	1.25	120.20
Iron	mg						
Magnesium	mg	2.31			5.24	0.11	10.48
Phosphorus	mg	20.30			46.08	0.95	92.08
Potassium	mg	37.70			85.58	1.77	171.01
Sodium	mg	1,078.65	19.84	69	2,448.54	50.70	4,892.76
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.141			0.320	0.007	0.640
Thiamin	mg	0.009			0.020	0.000	0.041
Riboflavin	mg	0.032			0.073	0.002	0.145
Niacin	mg	0.020			0.045	0.001	0.091
Pantothenic acid	mg	0.075			0.170	0.004	0.340
Vitamin B ₆	mg	0.008			0.018	0.000	0.036
Folacin	mcg	1.05			2.37	0.05	4.74
Vitamin B ₁₂	mcg	0.084			0.191	0.004	0.381
Vitamin A	{ RE	993			2,254	47	4,505
	{ IU	3,307			7,507	155	15,000
Total tocopherol	mg	---			---	---	---
Alpha-tocopherol	mg	3.3		1	7.6	0.2	15.1
LIPIDS:							
Fatty acids:							
Saturated, total	g	15.3			34.7	0.7	69.3
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	9.9	0.2	7	22.4	0.5	44.9
18:0	g	5.4	0.2	7	12.3	0.3	24.5
Monounsaturated, total	g	35.8			81.3	1.7	162.5
16:1	g						
18:1	g	35.8	1.0	7	81.3	1.7	162.5
20:1	g						
22:1	g						
Polyunsaturated, total	g	25.8			58.5	1.2	116.9
18:2	g	24.8	1.3	7	56.3	1.2	112.5
18:3	g	1.0	0.2	7	2.2	0.0	4.4
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	238	48	5	540	11	1,079
AMINO ACIDS:							
Tryptophan	g	0.011			0.025	0.001	0.050
Threonine	g	0.034			0.077	0.002	0.154
Isoleucine	g	0.046			0.104	0.002	0.209
Leucine	g	0.074			0.168	0.003	0.336
Lysine	g	0.060			0.136	0.003	0.272
Methionine	g	0.019			0.043	0.001	0.086
Cystine	g	0.007			0.016	0.000	0.032
Phenylalanine	g	0.037			0.084	0.002	0.168
Tyrosine	g	0.037			0.084	0.002	0.168
Valine	g	0.051			0.116	0.002	0.231
Arginine	g	0.027			0.061	0.001	0.122
Histidine	g	0.021			0.048	0.001	0.095
Alanine	g	0.026			0.059	0.001	0.118
Aspartic acid	g	0.058			0.132	0.003	0.263
Glutamic acid	g	0.159			0.361	0.007	0.721
Glycine	g	0.016			0.036	0.001	0.073
Proline	g	0.074			0.168	0.003	0.336
Serine	g	0.041			0.093	0.002	0.186

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data of all regular, soft, tub margarines, salted.³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Regular, soft, tub
 Soybean (hydrogenated), palm (hydrogenated), and palm¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:0	
	A	B	C	E	F	G	
PROXIMATE: ²							
Water	g . . .	16.2	0.1	69	36.8 1 c = 227 g	0.8	73.6
Food energy	{ kcal . . .	716.4			1,626.2 6,804.1	33.7 140.9	3,249.6 13,596.3
Protein (N X 6.38)	g . . .	2,997.4	0.8	30	1.7	0.0	3.4
Total lipid (fat)	g . . .	80.4	0.1	189	182.6	3.8	364.9
Carbohydrate, total	g . . .	0.5			1.2	0.0	2.4
Fiber	g . . .						
Ash	g . . .	2.0	0.03	49	4.6	0.1	9.2
MINERALS:							
Calcium	mg . . .	26.50			60.16	1.25	120.20
Iron	mg . . .						
Magnesium	mg . . .	2.31			5.24	0.11	10.48
Phosphorus	mg . . .	20.30			46.08	0.95	92.08
Potassium	mg . . .	37.70			85.58	1.77	171.01
Sodium	mg . . .	1,078.65	19.84	69	2,448.54	50.70	4,892.76
Zinc	mg . . .						
VITAMINS:							
Ascorbic acid	mg . . .	0.141			0.320	0.007	0.640
Thiamin	mg . . .	0.009			0.020	0.000	0.041
Riboflavin	mg . . .	0.032			0.073	0.002	0.145
Niacin	mg . . .	0.020			0.045	0.001	0.091
Pantothenic acid	mg . . .	0.075			0.170	0.004	0.340
Vitamin B ₆	mg . . .	0.008			0.018	0.000	0.036
Folacin	mcg . . .	1.05			2.37	0.05	4.74
Vitamin B ₁₂	mcg . . .	0.084			0.191	0.004	0.381
Vitamin A	{ RE . . .	993			2,126	47	4,505
	IU . . .	3,307			7,507	155	15,000
Total tocopherol	mg . . .	---			---	---	---
Alpha-tocopherol	mg . . .	---			---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g . . .	17.1			38.9	0.8	77.8
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g . . .						
12:0	g . . .	0.2		1	0.3	0.0	0.7
14:0	g . . .	0.2		1	0.3	0.0	0.7
16:0	g . . .	12.4		1	28.2	0.6	56.3
18:0	g . . .	4.2		1	9.6	0.2	19.2
Monounsaturated, total	g . . .	25.2			57.1	1.2	114.2
16:1	g . . .						
18:1	g . . .	25.1		1	57.0	1.2	114.0
20:1	g . . .						
22:1	g . . .						
Polysaturated, total	g . . .	34.6			78.5	1.6	156.9
18:2	g . . .	32.6		1	74.0	1.5	147.8
18:3	g . . .	1.9		1	4.4	0.1	8.8
18:4	g . . .						
20:4	g . . .						
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .						
Phytosterols	mg . . .	---			---	---	---
AMINO ACIDS:							
Tryptophan	g . . .	0.011			0.025	0.001	0.050
Threonine	g . . .	0.034			0.077	0.002	0.154
Isoleucine	g . . .	0.046			0.104	0.002	0.209
Leucine	g . . .	0.074			0.168	0.003	0.336
Lysine	g . . .	0.060			0.136	0.003	0.272
Methionine	g . . .	0.019			0.043	0.001	0.086
Cystine	g . . .	0.007			0.016	0.000	0.032
Phenylalanine	g . . .	0.037			0.084	0.002	0.168
Tyrosine	g . . .	0.037			0.084	0.002	0.168
Valine	g . . .	0.051			0.116	0.002	0.231
Arginine	g . . .	0.027			0.061	0.001	0.122
Histidine	g . . .	0.021			0.048	0.001	0.095
Alanine	g . . .	0.026			0.059	0.001	0.118
Aspartic acid	g . . .	0.058			0.132	0.003	0.263
Glutamic acid	g . . .	0.159			0.361	0.007	0.721
Glycine	g . . .	0.016			0.036	0.001	0.073
Proline	g . . .	0.074			0.168	0.003	0.336
Serine	g . . .	0.041			0.093	0.002	0.186

¹ If vitamin D is added, each pound contains 2,000 I.U.

² Based on composite data of all regular, soft, tub margarines, salted.

³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
	A	B	C	E	F	G
PROXIMATE: ²				1 c = 227 g	1 tsp = 4.7 g	
Water	g . . .	16.2	0.1	69	36.8	0.8
Food energy	{ kcal . . .	716.4			1,626.2	33.7
	kJ . . .	2,997.4			6,804.1	3,249.6
Protein (N X 6.38)	g . . .	0.8	0.1	30	1.7	13,596.3
Total lipid (fat)	g . . .	80.4	0.1	189	182.6	3.4
Carbohydrate, total	g . . .	0.5			3.8	364.9
Fiber	g . . .				1.2	2.4
Ash	g . . .	2.0	0.03	49	4.6	0.1
MINERALS:						
Calcium	mg . . .	26.50			60.16	1.25
Iron	mg . . .					120.20
Magnesium	mg . . .	2.31			5.24	0.11
Phosphorus	mg . . .	20.30			46.08	0.95
Potassium	mg . . .	37.70			85.58	1.77
Sodium	mg . . .	1,078.65	19.84	69	2,448.54	50.70
Zinc	mg . . .					4,892.76
VITAMINS:						
Ascorbic acid	mg . . .	0.141			0.320	0.640
Thiamin	mg . . .	0.009			0.020	0.041
Riboflavin	mg . . .	0.032			0.073	0.002
Niacin	mg . . .	0.020			0.045	0.001
Pantothenic acid	mg . . .	0.075			0.170	0.004
Vitamin B ₆	mg . . .	0.008			0.018	0.000
Folacin	mcg . . .	1.05			2.37	0.05
Vitamin B ₁₂	mcg . . .	0.084			0.191	0.004
Vitamin A	{ RE . . .	993			2,254	47
	IU . . .	3,307			7,507	155
Total tocopherol	mg . . .	48.8			110.8	2.3
Alpha-tocopherol	mg . . .	11.7			26.6	0.5
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	10.4			23.7	0.5
4:0	g . . .					47.3
6:0	g . . .					
8:0	g . . .					
10:0	g . . .					
12:0	g . . .					
14:0	g . . .					
16:0	g . . .	6.3		1	14.3	0.3
18:0	g . . .	3.9		1	8.7	0.2
Monounsaturated, total	g . . .	31.0			70.5	1.5
16:1	g . . .					140.8
18:1	g . . .	31.0		1	70.3	1.5
20:1	g . . .					140.5
22:1	g . . .					
Polyunsaturated, total	g . . .	35.4			80.4	1.7
18:2	g . . .	34.3		1	77.8	1.6
18:3	g . . .	1.1		1	2.4	0.1
18:4	g . . .					4.9
20:4	g . . .					
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .					
Phytosterols	mg . . .	³ ---				
AMINO ACIDS:					---	---
Tryptophan	g . . .	0.011			0.025	0.001
Threonine	g . . .	0.034			0.077	0.002
Isoleucine	g . . .	0.046			0.104	0.002
Leucine	g . . .	0.074			0.168	0.003
Lysine	g . . .	0.060			0.136	0.003
Methionine	g . . .	0.019			0.043	0.001
Cystine	g . . .	0.007			0.016	0.000
Phenylalanine	g . . .	0.037			0.084	0.002
Tyrosine	g . . .	0.037			0.084	0.002
Valine	g . . .	0.051			0.116	0.002
Arginine	g . . .	0.027			0.061	0.001
Histidine	g . . .	0.021			0.048	0.001
Alanine	g . . .	0.026			0.059	0.001
Aspartic acid	g . . .	0.058			0.132	0.003
Glutamic acid	g . . .	0.159			0.361	0.007
Glycine	g . . .	0.016			0.036	0.001
Proline	g . . .	0.074			0.168	0.003
Serine	g . . .	0.041			0.093	0.002

¹ If vitamin D is added, each pound contains 2,000 I.U.

² Based on composite data of all regular, soft, tub margarines, salted.

³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Regular, soft, tub

Soybean, soybean (hydrogenated), and cottonseed (hydrogenated)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean A	Standard error B	Number of samples C	Approximate measure and weight			
				1 c = 227 g E	1 tsp = 4.7 g F		
PROXIMATE: ²							
Water	g	16.2	0.1	69	36.8	0.8	
Food energy	kcal	716.4			1,626.2	33.7	
		2,997.4			6,804.1	140.9	
Protein (N X 6.38)	g	0.8	0.1	30	1.7	0.0	
Total lipid (fat)	g	80.4	0.1	189	182.6	3.8	
Carbohydrate, total	g	0.5			1.2	0.0	
Fiber	g					2.4	
Ash	g	2.0	0.03	49	4.6	0.1	
MINERALS:							
Calcium	mg	26.50			60.16	1.25	
Iron	mg					120.20	
Magnesium	mg	2.31			5.24	0.11	
Phosphorus	mg	20.30			46.08	0.95	
Potassium	mg	37.70			85.58	1.77	
Sodium	mg	1,078.65	19.84	69	2,448.54	50.70	
Zinc	mg					4,892.76	
VITAMINS:							
Ascorbic acid	mg	0.141			0.320	0.007	
Thiamin	mg	0.009			0.020	0.000	
Riboflavin	mg	0.032			0.073	0.002	
Niacin	mg	0.020			0.045	0.001	
Pantothenic acid	mg	0.075			0.170	0.004	
Vitamin B ₆	mg	0.008			0.018	0.000	
Folacin	mcg	1.05			2.37	0.05	
Vitamin B ₁₂	mcg	0.084			0.191	0.004	
Vitamin A	{RE. (IU.)	993 3,307			2,254 7,507	47 155	
Total tocopherol	mg	75.0	5.0	2	170.3	3.5	
Alpha-tocopherol	mg	4.4	3.4	2	10.0	0.2	
LIPIDS:							
Fatty acids:							
Saturated, total	g	16.1			36.5	0.8	
4:0	g					72.9	
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.3	0.02	97	0.7	0.0	
14:0	g	0.2	0.01	102	0.5	0.0	
16:0	g	9.8	0.1	102	22.2	0.5	
18:0	g	5.8	0.1	102	13.1	0.3	
Monounsaturated, total	g	30.7			69.7	1.4	
16:1	g	0.1	0.02	27	0.2	0.0	
18:1	g	30.0	0.1	64	68.1	1.4	
20:1	g	0.6	0.1	34	1.3	0.0	
22:1	g					136.1	
Polyunsaturated, total	g	30.1			68.4	1.4	
18:2	g	27.3	0.1	102	62.1	1.3	
18:3	g	2.8	0.1	102	6.3	0.1	
18:4	g					12.7	
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	206	2	2	468	10	
AMINO ACIDS:							
Tryptophan	g	0.011			0.025	0.001	
Threonine	g	0.034			0.077	0.002	
Isoleucine	g	0.046			0.104	0.002	
Leucine	g	0.074			0.168	0.003	
Lysine	g	0.060			0.136	0.003	
Methionine	g	0.019			0.043	0.001	
Cystine	g	0.007			0.016	0.000	
Phenylalanine	g	0.037			0.084	0.002	
Tyrosine	g	0.037			0.084	0.002	
Valine	g	0.051			0.116	0.002	
Arginine	g	0.027			0.061	0.001	
Histidine	g	0.021			0.048	0.001	
Alanine	g	0.026			0.059	0.001	
Aspartic acid	g	0.058			0.132	0.003	
Glutamic acid	g	0.159			0.361	0.007	
Glycine	g	0.016			0.036	0.001	
Proline	g	0.074			0.168	0.003	
Serine	g	0.041			0.093	0.002	

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data of all regular, soft, tub margarines, salted.

MARGARINE, Regular, soft, tub

Sunflower, cottonseed (hydrogenated), and peanut (hydrogenated)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 c = 227 g	1 tsp = 4.7 g	G
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	16.2	0.1	69	36.8	0.8
Food energy	{ kcal	716.4			1,626.2	33.7
	kJ	2,997.4			6,804.1	140.9
Protein (N x 6.38)	g	0.8	0.1	30	1.7	0.0
Total lipid (fat)	g	80.4	0.1	189	182.6	3.8
Carbohydrate, total	g	0.5			1.2	0.0
Fiber	g					2.4
Ash	g	2.0	0.03	49	4.6	0.1
MINERALS:						
Calcium	mg	26.50			60.16	1.25
Iron	mg					120.20
Magnesium	mg	2.31			5.24	0.11
Phosphorus	mg	20.30			46.08	0.95
Potassium	mg	37.70			85.58	1.77
Sodium	mg	1,078.65	19.84	69	2,448.54	50.70
Zinc	mg					4,892.76
VITAMINS:						
Ascorbic acid	mg	0.141			0.320	0.007
Thiamin	mg	0.009			0.020	0.000
Riboflavin	mg	0.032			0.073	0.002
Niacin	mg	0.020			0.045	0.001
Pantothenic acid	mg	0.075			0.170	0.004
Vitamin B ₆	mg	0.008			0.018	0.000
Folacin	mcg	1.05			2.37	0.05
Vitamin B ₁₂	mcg	0.084			0.191	0.004
Vitamin A	{ RE	993			2,254	47
	IU	3,307			7,507	155
Total tocopherol	mg	^---			---	---
Alpha-tocopherol	mg	---			---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	12.8			29.1	0.6
4:0	g					58.2
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.0		1	0.0	0.0
14:0	g	0.0		1	0.0	0.0
16:0	g	7.2		1	16.4	0.3
18:0	g	4.9		1	11.2	0.2
Monounsaturated, total	g	16.1			36.4	0.8
16:1	g	0.0		1	0.0	0.0
18:1	g	16.1		1	36.4	0.8
20:1	g					72.8
22:1	g					
Polysaturated, total	g	48.0			109.0	2.3
18:2	g	47.6		1	108.1	2.2
18:3	g	0.4		1	0.9	0.0
18:4	g					217.8
20:4	g					216.1
20:5	g					1.7
22:5	g					
22:6	g					
Cholesterol	mg				---	---
Phytosterols	mg	---			---	---
AMINO ACIDS:						
Tryptophan	g	0.011			0.025	0.001
Threonine	g	0.034			0.077	0.002
Isoleucine	g	0.046			0.104	0.002
Leucine	g	0.074			0.168	0.003
Lysine	g	0.060			0.136	0.003
Methionine	g	0.019			0.043	0.001
Cystine	g	0.007			0.016	0.000
Phenylalanine	g	0.037			0.084	0.002
Tyrosine	g	0.037			0.084	0.002
Valine	g	0.051			0.116	0.002
Arginine	g	0.027			0.061	0.001
Histidine	g	0.021			0.048	0.001
Alanine	g	0.026			0.059	0.001
Aspartic acid	g	0.058			0.132	0.003
Glutamic acid	g	0.159			0.361	0.007
Glycine	g	0.016			0.036	0.001
Proline	g	0.074			0.168	0.003
Serine	g	0.041			0.093	0.002

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data of all regular, soft, tub margarines, salted.³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight	Refuse:0	G	
A	B	C	D	E	F	G	
PROXIMATE:²							
Water	g	17.9	2.0	2	40.5	0.8	81.0
Food energy	{ kcal	716.4		1,626.3	33.7	3,249.8	
	{ kJ	2,997.6		6,804.5	140.9	13,597.1	
Protein (N X 6.38)	g	0.8		1.7	0.0	3.7	
Total lipid (fat)	g	80.3	0.3	6	182.2	3.8	364.2
Carbohydrate, total	g	0.9			2.1	0.0	4.1
Fiber	g						
Ash	g	0.2			0.05	0.0	0.9
MINERALS:							
Calcium	mg	26.50			60.16	1.25	120.20
Iron	mg						
Magnesium	mg	2.31			5.24	0.11	10.48
Phosphorus	mg	20.30			46.08	0.95	92.08
Potassium	mg	37.70			85.58	1.77	171.01
Sodium	mg	27.54	0.0	2	62.51	1.29	124.91
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.141			0.320	0.007	0.640
Thiamin	mg	0.009			0.020	0.000	0.041
Riboflavin	mg	0.032			0.073	0.002	0.145
Niacin	mg	0.020			0.045	0.001	0.091
Pantothenic acid	mg	0.075			0.170	0.004	0.340
Vitamin B ₆	mg	0.008			0.018	0.000	0.036
Folacin	mcg	1.05			2.37	0.05	4.74
Vitamin B ₁₂	mcg	0.084			0.191	0.004	0.381
Vitamin A	{ RE	993			2,254	47	4,505
	{ IU	3,307			7,507	155	15,000
Total tocopherol	mg	3---			---	---	---
Alpha-tocopherol	mg	---			---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	13.8			31.3	0.6	62.4
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.1	0.0	2	0.2	0.0	0.5
16:0	g	8.7	0.05	2	19.7	0.4	39.3
18:0	g	5.0	0.3	2	11.4	0.2	22.7
Monounsaturated, total	g	37.3			84.7	1.8	169.2
16:1	g						
18:1	g	37.3	0.8	2	84.7	1.8	169.2
20:1	g						
22:1	g						
Polyunsaturated, total	g	25.7			58.3	1.2	116.5
18:2	g	24.6	1.4	2	55.8	1.2	111.5
18:3	g	1.1	0.2	2	2.5	0.1	5.0
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---			---	---	---
AMINO ACIDS:							
Tryptophan	g	0.011			0.025	0.001	0.050
Threonine	g	0.034			0.077	0.002	0.154
Isoleucine	g	0.046			0.104	0.002	0.209
Leucine	g	0.074			0.168	0.003	0.336
Lysine	g	0.060			0.136	0.003	0.272
Methionine	g	0.019			0.043	0.001	0.086
Cystine	g	0.007			0.016	0.000	0.032
Phenylalanine	g	0.037			0.084	0.002	0.168
Tyrosine	g	0.037			0.084	0.002	0.168
Valine	g	0.051			0.116	0.002	0.231
Arginine	g	0.027			0.061	0.001	0.122
Histidine	g	0.021			0.049	0.001	0.095
Alanine	g	0.026			0.059	0.001	0.118
Aspartic acid	g	0.058			0.132	0.003	0.263
Glutamic acid	g	0.159			0.361	0.007	0.721
Glycine	g	0.016			0.036	0.001	0.073
Proline	g	0.074			0.168	0.003	0.336
Serine	g	0.041			0.093	0.002	0.186

¹ If vitamin D is added, each pound contains 2,000 I.U.

² Based on composite data of all regular, soft, tub margarines, not salted.

³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight	Refuse: 0	
A	B	C	D	E	F	G
PROXIMATE:²						
Water	g	16.2	0.1	69	36.8	0.8
Food energy	{ kcal	716.4			1,626.2	33.7
	kJ	2,997.4			6,804.1	140.9
Protein (N X 6.38)	g	0.8	0.1	30	1.7	0.0
Total lipid (fat)	g	80.4	0.1	189	182.6	3.8
Carbohydrate, total	g	0.5			1.2	0.0
Fiber	g					2.4
Ash	g	2.0	0.03	49	4.6	0.1
MINERALS:						
Calcium	mg	26.50			60.16	1.25
Iron	mg					120.20
Magnesium	mg	2.31			5.24	0.11
Phosphorus	mg	20.30			46.08	0.95
Potassium	mg	37.70			85.58	1.77
Sodium	mg	1,078.65	19.84	69	2,448.54	50.70
Zinc	mg					4,892.76
VITAMINS:						
Ascorbic acid	mg	0.141			0.320	0.007
Thiamin	mg	0.009			0.020	0.000
Riboflavin	mg	0.032			0.073	0.002
Niacin	mg	0.020			0.045	0.001
Pantothenic acid	mg	0.075			0.170	0.004
Vitamin B ₆	mg	0.008			0.018	0.000
Folacin	mcg	1.05			2.37	0.05
Vitamin B ₁₂	mcg	0.084			0.191	0.004
Vitamin A	{ RE	993			2,254	47
	(IU	3,307			7,507	155
Total tocopherol	mg	---			---	---
Alpha-tocopherol	mg	---			---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	13.8			31.3	0.6
4:0	g					62.6
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.1	0.03	9	0.3	0.0
16:0	g	8.8	0.6	11	20.1	0.4
18:0	g	4.8	0.2	11	11.0	0.2
Monounsaturated, total	g	28.5			64.7	1.3
16:1	g					129.3
18:1	g	28.5	2.4	11	64.7	1.3
20:1	g					129.3
22:1	g					
Polyunsaturated, total	g	34.6			78.6	1.6
18:2	g	33.5	2.9	11	76.1	1.6
18:3	g	1.1	0.3	11	2.5	0.1
18:4	g					4.9
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg				---	---
Phytosterols	mg	---			---	---
AMINO ACIDS:						
Tryptophan	g	0.011			0.025	0.001
Threonine	g	0.034			0.077	0.002
Isoleucine	g	0.046			0.104	0.002
Leucine	g	0.074			0.168	0.003
Lysine	g	0.060			0.136	0.003
Methionine	g	0.019			0.043	0.001
Cystine	g	0.007			0.016	0.000
Phenylalanine	g	0.037			0.084	0.002
Tyrosine	g	0.037			0.084	0.002
Valine	g	0.051			0.116	0.002
Arginine	g	0.027			0.061	0.001
Histidine	g	0.021			0.048	0.001
Alanine	g	0.026			0.059	0.001
Aspartic acid	g	0.058			0.132	0.003
Glutamic acid	g	0.159			0.361	0.007
Glycine	g	0.016			0.036	0.001
Proline	g	0.074			0.168	0.003
Serine	g	0.041			0.093	0.002

¹ If vitamin D is added, each pound contains 2,000 I.U.

² Based on composite data of all regular, soft, tub margarines, salted.

³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Regular, liquid, bottle

Soybean (hydrogenated), soybean, and cottonseed¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:0	
				1 c = 227 g	1 tsp = 4.7 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	15.8	0.4	8	35.8	0.7	71.6
Food energy	{ kcal	721.0			1,636.7	33.9	3,270.4
	{ kJ	3,016.7			6,847.8	141.8	13,683.5
Protein (N X 6.38)	g	1.9		1	4.3	0.1	8.6
Total lipid (fat)	g	80.6	0.2	10	183.1	3.8	365.8
Carbohydrate, total	g	0.0			0.0	0.0	0.0
Fiber	g						
Ash	g	2.0	0.03	6	4.5	0.1	9.1
MINERALS:							
Calcium	mg	66.10			150.05	3.11	299.83
Iron	mg						
Magnesium	mg	5.78			13.12	0.27	26.22
Phosphorus	mg	50.90			115.54	2.39	230.88
Potassium	mg	94.30			214.06	4.43	427.74
Sodium	mg	780.90	13.77	2	1,772.64	36.70	3,542.16
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.355			0.806	0.017	1.610
Thiamin	mg	0.022			0.050	0.001	0.100
Riboflavin	mg	0.081			0.184	0.004	0.367
Niacin	mg	0.050			0.114	0.002	0.227
Pantothenic acid	mg	0.187			0.424	0.009	0.848
Vitamin B ₆	mg	0.019			0.043	0.001	0.086
Folacin	mcg	2.63			5.96	0.12	11.92
Vitamin B ₁₂	mcg	0.212			0.481	0.010	0.962
Vitamin A	{ RE	993			2,254	47	4,505
	{ IU	3,307			7,507	155	15,000
Total tocopherol	mg	2--			--	--	--
Alpha-tocopherol	mg	4.6	2.2	4	10.4	0.2	20.8
LIPIDS:							
Fatty acids:							
Saturated, total	g	13.2			29.9	0.6	59.8
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.1	0.001	3	0.2	0.0	0.3
16:0	g	8.6	0.4	4	19.4	0.4	38.8
18:0	g	4.6	0.6	4	10.4	0.2	20.7
Monounsaturated, total	g	28.1			63.8	1.3	127.5
16:1	g						
18:1	g	28.1	0.9	4	63.8	1.3	127.5
20:1	g						
22:1	g						
Polyunsaturated, total	g	35.8			81.3	1.7	162.4
18:2	g	33.4	1.0	4	75.9	1.6	151.6
18:3	g	2.4	1.3	4	5.4	0.1	10.8
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	174	8	4	395	8	789
AMINO ACIDS:							
Tryptophan	g	0.027			0.061	0.001	0.122
Threonine	g	0.086			0.195	0.004	0.390
Isoleucine	g	0.115			0.261	0.005	0.522
Leucine	g	0.186			0.422	0.009	0.844
Lysine	g	0.151			0.343	0.007	0.685
Methionine	g	0.048			0.109	0.002	0.218
Cystine	g	0.018			0.041	0.001	0.082
Phenylalanine	g	0.092			0.209	0.004	0.417
Tyrosine	g	0.092			0.209	0.004	0.417
Valine	g	0.127			0.288	0.006	0.576
Arginine	g	0.069			0.157	0.003	0.313
Histidine	g	0.052			0.118	0.002	0.236
Alanine	g	0.066			0.150	0.003	0.299
Aspartic acid	g	0.144			0.327	0.007	0.653
Glutamic acid	g	0.398			0.903	0.019	1.805
Glycine	g	0.040			0.091	0.002	0.181
Proline	g	0.184			0.418	0.009	0.835
Serine	g	0.103			0.234	0.005	0.467

¹ If vitamin D is added, each pound contains 2,000 I.U.² Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	1 c = 232 g	1 tsp = 4.8 g	Refuse:0	G
A	B	C	D	E	F		
PROXIMATE:							
Water	g	58.1	0.5	16	134.7	2.8	263.4
Food energy	{ kcal	345.2			800.8	16.6	1,565.6
	{ kJ	1,444.1			3,350.4	69.3	6,550.7
Protein (N X 6.38)	g	0.5	.1	11	1.2	0.0	2.3
Total lipid (fat)	g	38.8	0.1	183	90.1	1.9	176.2
Carbohydrate, total	g	0.4			0.9	0.0	1.7
Fiber	g						
Ash	g	2.2	.1	10	5.1	0.1	10.0
MINERALS:							
Calcium	mg	17.80			41.30	0.85	80.74
Iron	mg						
Magnesium	mg	1.55			3.60	0.07	7.03
Phosphorus	mg	13.70			31.78	0.66	62.14
Potassium	mg	25.30			58.70	1.21	114.76
Sodium	mg	959.56	5.72	107	2,226.18	46.06	4,352.56
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.096			0.223	0.005	0.435
Thiamin	mg	0.006			0.014	0.000	0.027
Riboflavin	mg	0.022			0.051	0.001	0.100
Niacin	mg	0.013			0.030	0.001	0.059
Pantothenic acid	mg	0.051			0.118	0.002	0.231
Vitamin B ₆	mg	0.005			0.012	0.000	0.023
Folacin	mcg	0.71			1.64	0.03	3.21
Vitamin B ₁₂	mcg	0.057			0.132	0.003	0.259
Vitamin A	{ RE	993			2,304	48	4,505
	{ IU	3,307			7,672	159	15,000
Total tocopherol	mg	30.0	10.0	2	69.6	1.4	136.1
Alpha-tocopherol	mg	3 ---			---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	6.4			14.8	0.3	28.9
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.1	0.01	131	0.3	0.0	0.6
14:0	g	0.1	0.01	131	0.1	0.0	0.3
16:0	g	4.3	0.04	135	10.0	0.2	19.5
18:0	g	1.9	0.02	135	4.4	0.1	8.5
Monounsaturated, total	g	14.5			33.6	0.7	65.6
16:1	g						
18:1	g	14.5	0.1	96	33.6	0.7	65.6
20:1	g						
22:1	g						
Polysaturated, total	g	16.3			37.7	0.8	73.7
18:2	g	16.1	0.1	135	37.3	0.8	72.9
18:3	g	0.2	0.02	133	0.4	0.0	0.8
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	270	87	4	626	13	1,225
AMINO ACIDS:							
Tryptophan	g	0.007			0.016	0.000	0.032
Threonine	g	0.023			0.053	0.001	0.104
Isoleucine	g	0.031			0.072	0.001	0.141
Leucine	g	0.050			0.116	0.002	0.227
Lysine	g	0.040			0.093	0.002	0.181
Methionine	g	0.013			0.030	0.001	0.059
Cystine	g	0.005			0.012	0.000	0.023
Phenylalanine	g	0.025			0.058	0.001	0.113
Tyrosine	g	0.025			0.058	0.001	0.113
Valine	g	0.034			0.079	0.002	0.154
Arginine	g	0.018			0.042	0.001	0.082
Histidine	g	0.014			0.032	0.001	0.064
Alanine	g	0.018			0.042	0.001	0.082
Aspartic acid	g	0.039			0.090	0.002	0.177
Glutamic acid	g	0.107			0.248	0.005	0.485
Glycine	g	0.011			0.026	0.001	0.050
Proline	g	0.049			0.114	0.002	0.222
Serine	g	0.028			0.065	0.001	0.127

¹ If vitamin D is added, each pound contains 2,000 I.U.

² Based on composite data of all imitation margarines containing about 40% fat.

³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Imitation, about 40% fat
Soybean (hydrogenated)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 c = 232 g	1 tsp = 4.8 g		
A	B	C	D	E	F	G	
PROXIMATE:²							
Water	g	58.1	0.5	16	134.7	2.8	263.4
Food energy	{ kcal	345.2			800.8	16.6	1,565.6
	{ kJ	1,444.1			3,350.4	69.3	6,550.7
Protein (N X 6.38)	g	0.5	0.1	11	1.2	0.0	2.3
Total lipid (fat)	g	38.8	0.1	183	90.1	1.9	176.2
Carbohydrate, total	g	0.4			0.9	0.0	1.7
Fiber	g						
Ash	g	2.2	0.1	10	5.1	0.1	10.0
MINERALS:							
Calcium	mg	17.80			41.30	0.85	80.74
Iron	mg						
Magnesium	mg	1.55			3.60	0.07	7.03
Phosphorus	mg	13.70			31.78	0.66	62.14
Potassium	mg	25.30			58.70	1.21	114.76
Sodium	mg	959.56	5.72	107	2,226.18	46.06	4,352.56
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.096			0.223	0.005	0.435
Thiamin	mg	0.006			0.014	0.000	0.027
Riboflavin	mg	0.022			0.051	0.001	0.100
Niacin	mg	0.013			0.030	0.001	0.059
Pantothenic acid	mg	0.051			0.118	0.002	0.231
Vitamin B ₆	mg	0.005			0.012	0.000	0.023
Folacin	mcg	0.71			1.64	0.03	3.21
Vitamin B ₁₂	mcg	0.057			0.132	0.003	0.259
Vitamin A	{ RE	9.93			2,304	48	4,505
	{ IU	3,307			7,672	159	15,000
Total tocopherol	mg	9.7		1	22.5	0.5	44.0
Alpha-tocopherol	mg	0.8		1	1.9	0.0	3.6
LIPIDS:							
Fatty acids:							
Saturated, total	g	6.5			15.2	0.3	29.7
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	4.3	0.02	2	10.0	0.2	19.6
18:0	g	2.2	0.04	2	5.2	0.1	10.1
Monounsaturated, total	g	16.7			38.9	0.8	76.0
16:1	g						
18:1	g	16.7	0.1	2	38.9	0.8	76.0
20:1	g						
22:1	g						
Polyunsaturated, total	g	13.8			32.0	0.7	62.6
18:2	g	12.9	0.03	2	30.0	0.6	58.6
18:3	g	0.9	0.04	2	2.1	0.0	4.0
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	190	3	2	440	9	860
AMINO ACIDS:							
Tryptophan	g	0.007			0.016	0.000	0.032
Threonine	g	0.023			0.053	0.001	0.104
Isoleucine	g	0.031			0.072	0.001	0.141
Leucine	g	0.050			0.116	0.002	0.227
Lysine	g	0.040			0.093	0.002	0.181
Methionine	g	0.013			0.030	0.001	0.059
Cystine	g	0.005			0.012	0.000	0.023
Phenylalanine	g	0.025			0.058	0.001	0.113
Tyrosine	g	0.025			0.058	0.001	0.113
Valine	g	0.034			0.079	0.002	0.154
Arginine	g	0.018			0.042	0.001	0.082
Histidine	g	0.014			0.032	0.001	0.064
Alanine	g	0.018			0.042	0.001	0.082
Aspartic acid	g	0.039			0.090	0.002	0.177
Glutamic acid	g	0.107			0.248	0.005	0.485
Glycine	g	0.011			0.026	0.001	0.050
Proline	g	0.049			0.114	0.002	0.222
Serine	g	0.028			0.065	0.001	0.127

¹ If vitamin D is added, each pound contains 2,000 I.U.

² Based on composite data of all imitation margarines containing about 40% fat.

MARGARINE, Imitation, about 40% fat
Soybean (hydrogenated) and cottonseed¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	1 c = 232 g	1 tsp = 4.8 g	Refuse: 0
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	58.1	0.5	16	134.7	2.8
Food energy	{ kcal	345.2			800.8	16.6
	{ kJ	1,444.1			3,350.4	69.3
Protein (N X 6.38)	g	0.5	0.1	11	1.2	0.0
Total lipid (fat)	g	38.8	0.1	183	90.1	1.9
Carbohydrate, total	g	0.4			0.9	0.0
Fiber	g					
Ash	g	2.2	0.1	10	5.1	0.1
MINERALS:						
Calcium	mg	17.80			41.30	0.85
Iron	mg					
Magnesium	mg	1.55			3.60	0.07
Phosphorus	mg	13.70			31.78	0.66
Potassium	mg	25.30			58.70	1.21
Sodium	mg	959.56	5.72	107	2,226.18	46.06
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg	0.096			0.223	0.005
Thiamin	mg	0.006			0.014	0.000
Riboflavin	mg	0.022			0.051	0.001
Niacin	mg	0.013			0.030	0.001
Pantothenic acid	mg	0.051			0.118	0.002
Vitamin B ₆	mg	0.005			0.012	0.000
Folacin	mcg	0.71			1.64	0.03
Vitamin B ₁₂	mcg	0.057			0.132	0.003
Vitamin A	{ RE	993			2,304	48
	{ IU	3,307			7,672	159
Total tocopherol	mg	---		1	---	---
Alpha-tocopherol	mg	2.7			6.2	0.1
LIPIDS:						
Fatty acids:						
Saturated, total	g	8.3			19.3	0.4
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.1		1	0.2	0.0
16:0	g	6.1		1	14.1	0.3
18:0	g	2.2		1	5.0	0.1
Monounsaturated, total	g	14.2			33.0	0.7
16:1	g	0.1		1	0.2	0.0
18:1	g	14.2		1	32.8	0.7
20:1	g					
22:1	g					
Polyunsaturated, total	g	14.5			33.7	0.7
18:2	g	14.3		1	33.2	0.7
18:3	g	0.2		1	0.5	0.0
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	70		1	162	3
AMINO ACIDS:						
Tryptophan	g	0.007			0.016	0.000
Threonine	g	0.023			0.053	0.001
Isoleucine	g	0.031			0.072	0.001
Leucine	g	0.050			0.116	0.002
Lysine	g	0.040			0.093	0.002
Methionine	g	0.013			0.030	0.001
Cystine	g	0.005			0.012	0.000
Phenylalanine	g	0.025			0.058	0.001
Tyrosine	g	0.025			0.058	0.001
Valine	g	0.034			0.079	0.002
Arginine	g	0.018			0.042	0.001
Histidine	g	0.014			0.032	0.001
Alanine	g	0.018			0.042	0.001
Aspartic acid	g	0.039			0.090	0.002
Glutamic acid	g	0.107			0.248	0.005
Glycine	g	0.011			0.026	0.001
Proline	g	0.049			0.114	0.002
Serine	g	0.028			0.065	0.001

¹ If vitamin D is added, each pound contains 2,000 I.U.

² Based on composite data of all imitation margarines containing about 40% fat.

³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Imitation, about 40% fat

Soybean (hydrogenated) and cottonseed (hydrogenated)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 c = 232 g	1 tsp = 4.8 g	G
A	B	C	D	E	F	
PROXIMATE:						
Water	g	58.1	0.5	16	134.7 800.8 3,350.4	2.8 16.6 69.3
Food energy	{ kcal	345.2 1,444.1				263.4 1,565.6 6,550.7
Protein (N X 6.38)	g	0.5	0.1	11	1.2	0.0
Total lipid (fat)	g	38.8	0.1	183	90.1 0.9	1.9 0.0
Carbohydrate, total	g	0.4				176.2 1.7
Fiber	g					
Ash	g	2.2	0.1	10	5.1	0.1
MINERALS:						
Calcium	mg	17.80			41.30	0.85
Iron	mg					80.74
Magnesium	mg	1.55			3.60	0.07
Phosphorus	mg	13.70			31.78	0.66
Potassium	mg	25.30			58.70	1.21
Sodium	mg	959.56	5.72	107	2,226.18	46.06
Zinc	mg					4,352.56
VITAMINS:						
Ascorbic acid	mg	0.096			0.223	0.005
Thiamin	mg	0.006			0.014	0.000
Riboflavin	mg	0.022			0.051	0.001
Niacin	mg	0.013			0.030	0.001
Pantothenic acid	mg	0.051			0.118	0.002
Vitamin B ₆	mg	0.005			0.012	0.000
Folacin	mcg	0.71			1.64	0.03
Vitamin B ₁₂	mcg	0.057			0.132	0.003
Vitamin A	{ RE	993			2,304	48
	IU	3,307			7,672	159
Total tocopherol	mg	---		1	---	---
Alpha-tocopherol	mg	8.6			19.9	0.4
LIPIDS:						
Fatty acids:						
Saturated, total	g	7.2			16.8	0.3
4:0	g					32.9
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.0		1	0.1	0.0
16:0	g	4.4	0.1	3	10.3	0.2
18:0	g	2.8	0.1	3	6.4	0.1
Monounsaturated, total	g	18.4			42.7	0.9
16:1	g					83.5
18:1	g	18.4	1.4	3	42.7	0.9
20:1	g					83.5
22:1	g					
Polyunsaturated, total	g	11.4			26.5	0.5
18:2	g	10.7	1.2	3	24.9	0.5
18:3	g	0.7	0.2	3	1.6	0.0
18:4	g					51.9
20:4	g					48.8
20:5	g					3.1
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	106	14	4	245	5
						480
AMINO ACIDS:						
Tryptophan	g	0.007			0.016	0.000
Threonine	g	0.023			0.053	0.001
Isoleucine	g	0.031			0.072	0.001
Leucine	g	0.050			0.116	0.002
Lysine	g	0.040			0.093	0.002
Methionine	g	0.013			0.030	0.001
Cystine	g	0.005			0.012	0.000
Phenylalanine	g	0.025			0.058	0.001
Tyrosine	g	0.025			0.058	0.001
Valine	g	0.034			0.079	0.002
Arginine	g	0.018			0.042	0.001
Histidine	g	0.014			0.032	0.001
Alanine	g	0.018			0.042	0.001
Aspartic acid	g	0.039			0.090	0.002
Glutamic acid	g	0.107			0.248	0.005
Glycine	g	0.011			0.026	0.001
Proline	g	0.049			0.114	0.002
Serine	g	0.028			0.065	0.001

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data of all imitation margarines containing about 40% fat.³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Imitation, about 40% fat
 Soybean (hydrogenated), palm (hydrogenated), and palm¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 c = 232 g	1 tsp = 4.8 g	G
A	B	C	D	E	F	G
PROXIMATE:²						
Water	g	58.1	0.5	16	134.7	2.8
Food energy	{ kcal	345.2			800.8	16.6
	kj	1,444.1			3,350.4	69.3
Protein (N X 6.38)	g	0.5	0.1	11	1.2	0.0
Total lipid (fat)	g	38.8	0.1	183	90.1	1.9
Carbohydrate, total	g	0.4			0.9	0.0
Fiber	g					1.7
Ash	g	2.2	0.1	10	5.1	0.1
MINERALS:						
Calcium	mg	17.80			41.30	0.85
Iron	mg					80.74
Magnesium	mg	1.55			3.60	0.07
Phosphorus	mg	13.70			31.78	0.66
Potassium	mg	25.30			58.70	1.21
Sodium	mg	959.56	5.72	107	2,226.18	46.06
Zinc	mg					4,352.56
VITAMINS:						
Ascorbic acid	mg	0.096			0.223	0.005
Thiamin	mg	0.006			0.014	0.000
Riboflavin	mg	0.022			0.051	0.001
Niacin	mg	0.013			0.030	0.001
Pantothenic acid	mg	0.051			0.118	0.002
Vitamin B ₆	mg	0.005			0.012	0.000
Folacin	mcg	0.71			1.64	0.03
Vitamin B ₁₂	mcg	0.057			0.132	0.003
Vitamin A	{ RE	993			2,304	48
	IU	3,307			7,672	159
Total tocopherol	mg	---			---	4,505
Alpha-tocopherol	mg	---			---	15,000
LIPIDS:						
Fatty acids:						
Saturated, total	g	10.1			23.5	0.5
4:0	g					45.9
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.0		1	0.0	0.0
14:0	g	0.1	0.001	3	0.3	0.0
16:0	g	7.7	0.5	3	17.8	0.4
18:0	g	1.6	0.1	3	3.7	0.1
Monounsaturated, total	g	14.1			32.8	0.7
16:1	g	0.0		1	0.0	0.0
18:1	g	14.1	0.1	3	32.8	0.7
20:1	g					64.1
22:1	g					
Polyunsaturated, total	g	12.8			29.8	0.6
18:2	g	12.1	0.5	3	28.2	0.6
18:3	g	0.7	0.1	3	1.6	0.0
18:4	g					58.2
20:4	g					55.1
20:5	g					3.2
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	130	4	2	300	6
AMINO ACIDS:						
Tryptophan	g	0.007			0.016	0.000
Threonine	g	0.023			0.053	0.001
Isoleucine	g	0.031			0.072	0.001
Leucine	g	0.050			0.116	0.002
Lysine	g	0.040			0.093	0.002
Methionine	g	0.013			0.030	0.001
Cystine	g	0.005			0.012	0.000
Phenylalanine	g	0.025			0.058	0.001
Tyrosine	g	0.025			0.058	0.001
Valine	g	0.034			0.079	0.002
Arginine	g	0.018			0.042	0.001
Histidine	g	0.014			0.032	0.001
Alanine	g	0.018			0.042	0.001
Aspartic acid	g	0.039			0.090	0.002
Glutamic acid	g	0.107			0.248	0.005
Glycine	g	0.011			0.026	0.001
Proline	g	0.049			0.114	0.002
Serine	g	0.028			0.065	0.001

¹ If vitamin D is added, each pound contains 2,000 I.U.

² Based on composite data of all imitation margarines containing about 40% fat.

³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

MARGARINE, Imitation, about 40% fat
Unspecified ingredient oils¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Refuse: 0	Amount in edible portion of 1 pound of food as purchased		
	Mean	Standard error	Number of samples	Approximate measure and weight					
				1 c = 232 g	1 tsp = 4.8 g				
A	B	C	D	E	F	G			
PROXIMATE:²									
Water	g	58.1	0.5	16	134.7	2.8	263.4		
Food energy	{ kcal	345.2			800.8	16.6	1,565.6		
	kJ	1,444.1			3,350.4	69.3	6,550.7		
Protein (N X 6.38)	g	0.5	0.1	11	1.2	0.0	2.3		
Total lipid(fat)	g	38.8	0.1	183	90.1	1.9	176.2		
Carbohydrate, total	g	0.4			0.9	0.0	1.7		
Fiber	g								
Ash	g	2.2	0.1	10	5.1	0.1	10.0		
MINERALS:									
Calcium	mg	17.80			41.30	0.85	80.74		
Iron	mg				3.60	0.07	7.03		
Magnesium	mg	1.55			31.78	0.66	62.14		
Phosphorus	mg	13.70			58.70	1.21	114.76		
Potassium	mg	25.30							
Sodium	mg	959.56	5.72	107	2,226.18	46.06	4,352.56		
Zinc	mg								
VITAMINS:									
Ascorbic acid	mg	0.096			0.223	0.005	0.435		
Thiamin	mg	0.006			0.014	0.000	0.027		
Riboflavin	mg	0.022			0.051	0.001	0.100		
Niacin	mg	0.013			0.030	0.001	0.059		
Pantothenic acid	mg	0.051			0.118	0.002	0.231		
Vitamin B ₆	mg	0.005			0.012	0.000	0.023		
Folacin	mcg	0.71			1.64	0.03	3.21		
Vitamin B ₁₂	mcg	0.057			0.132	0.003	0.259		
Vitamin A	{ RE	993			2,304	48	4,505		
	IU	3,307			7,672	159	15,000		
Total tocopherol	mg	---			---	---	---		
Alpha-tocopherol	mg	---			---	---	---		
LIPIDS:									
Fatty acids:									
Saturated, total	g	7.7			17.7	0.4	34.7		
4:0	g								
6:0	g								
8:0	g								
10:0	g								
12:0	g	0.1	0.1	2	0.1	0.0	0.2		
14:0	g	0.1	0.03	4	0.2	0.0	0.3		
16:0	g	5.4	0.7	5	12.5	0.3	24.4		
18:0	g	2.1	0.2	5	5.0	0.1	9.7		
Monounsaturated, total	g	15.7			36.3	0.8	71.0		
16:1	g	0.1	0.1	2	0.1	0.0	0.2		
18:1	g	15.6	0.8	5	36.2	0.7	70.8		
20:1	g								
22:1	g								
Polyunsaturated, total	g	13.8			32.0	0.7	62.5		
18:2	g	13.2	0.9	5	30.7	0.6	60.1		
18:3	g	0.5	0.1	5	1.3	0.0	2.5		
18:4	g								
20:4	g								
20:5	g								
22:5	g								
22:6	g								
Cholesterol	mg				---	---	---		
Phytosterols	mg	---			---	---	---		
AMINO ACIDS:									
Tryptophan	g	0.007			0.016	0.000	0.032		
Threonine	g	0.023			0.053	0.001	0.104		
Isoleucine	g	0.031			0.072	0.001	0.141		
Leucine	g	0.050			0.116	0.002	0.227		
Lysine	g	0.040			0.093	0.002	0.181		
Methionine	g	0.013			0.030	0.001	0.059		
Cystine	g	0.005			0.012	0.000	0.023		
Phenylalanine	g	0.025			0.058	0.001	0.113		
Tyrosine	g	0.025			0.058	0.001	0.113		
Valine	g	0.034			0.079	0.002	0.154		
Arginine	g	0.018			0.042	0.001	0.082		
Histidine	g	0.014			0.032	0.001	0.064		
Alanine	g	0.018			0.042	0.001	0.082		
Aspartic acid	g	0.039			0.090	0.002	0.177		
Glutamic acid	g	0.107			0.248	0.005	0.485		
Glycine	g	0.011			0.026	0.001	0.050		
Proline	g	0.049			0.114	0.002	0.222		
Serine	g	0.028			0.065	0.001	0.127		

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data of all imitation margarines containing about 40% fat.³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight	Refuse:0	1 c = 229 g	1 tsp = 4.8 g
A	B	C	D	E	F	G	
PROXIMATE:²							
Water	g	37.0	0.1	2	84.6	1.8	167.6
Food energy	{ kcal	539.6		1,235.7	25.9	2,447.6	
	{ kJ	2,257.7		5,170.0	108.4	10,240.7	
Protein (N X 6.38)	g	0.6	0.0	2	1.4	0.0	2.7
Total lipid (fat)	g	60.8	0.2	2	139.1	2.9	275.6
Carbohydrate, total	g	0.0			0.0	0.0	0.0
Fiber	g						
Ash	g	1.7	0.0	2	3.9	0.1	7.7
MINERALS:							
Calcium	mg	20.90			47.86	1.00	94.80
Iron	mg						
Magnesium	mg	1.82			4.17	0.09	8.26
Phosphorus	mg	16.10			36.87	0.77	73.03
Potassium	mg	29.80			68.24	1.43	135.17
Sodium	mg	993.88			2,275.98	47.71	4,508.22
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.112			0.256	0.005	0.508
Thiamin	mg	0.007			0.016	0.000	0.032
Riboflavin	mg	0.026			0.060	0.001	0.118
Niacin	mg	0.016			0.037	0.001	0.073
Pantothenic acid	mg	0.059			0.135	0.003	0.268
Vitamin B ₆	mg	0.006			0.014	0.000	0.027
Folacin	mcg	0.83			1.90	0.04	3.76
Vitamin B ₁₂	mcg	0.067			0.153	0.003	0.304
Vitamin A	{ RE	993		2,274	48	4,505	
	{ IU	3,307		7,573	159	15,000	
Total tocopherol	mg	---		---	---	---	---
Alpha-tocopherol	mg	---		---	---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	14.1			32.2	0.7	63.8
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.1		1	0.3	0.0	0.5
14:0	g	0.2		1	0.4	0.0	0.8
16:0	g	10.6		1	24.2	0.5	47.9
18:0	g	3.2		1	7.3	0.2	14.5
Monounsaturated, total	g	26.0			59.4	1.2	117.8
16:1	g	0.0		1	0.0	0.0	0.0
18:1	g	26.0		1	59.4	1.2	117.8
20:1	g						
22:1	g						
Polyunsaturated, total	g	18.1			41.4	0.9	81.9
18:2	g	16.5		1	37.8	0.8	74.8
18:3	g	1.6		1	3.6	0.1	7.1
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---			---	---	---
AMINO ACIDS:							
Tryptophan	g	0.008			0.018	0.000	0.036
Threonine	g	0.027			0.062	0.001	0.122
Isoleucine	g	0.036			0.082	0.002	0.163
Leucine	g	0.059			0.135	0.003	0.268
Lysine	g	0.048			0.110	0.002	0.218
Methionine	g	0.015			0.034	0.001	0.068
Cystine	g	0.006			0.014	0.000	0.027
Phenylalanine	g	0.029			0.066	0.001	0.132
Tyrosine	g	0.029			0.066	0.001	0.132
Valine	g	0.040			0.092	0.002	0.181
Arginine	g	0.022			0.050	0.001	0.100
Histidine	g	0.016			0.037	0.001	0.073
Alanine	g	0.021			0.048	0.001	0.095
Aspartic acid	g	0.045			0.103	0.002	0.204
Glutamic acid	g	0.126			0.289	0.006	0.572
Glycine	g	0.013			0.030	0.001	0.059
Proline	g	0.058			0.133	0.003	0.263
Serine	g	0.033			0.076	0.002	0.150

¹ If vitamin D is added, each pound contains 2,000 I.U.

² Based on composite data of all spreads packaged in tubs and containing about 60% fat.

³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

SPREAD (margarinelike), about 60% fat, tub

Soybean (hydrogenated) and cottonseed (hydrogenated)¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 c = 229 g	1 tsp = 4.8 g		
A	B	C	D	E	F	G	
PROXIMATE: ²							
Water	g	37.0	0.1	2	84.6	1.8	167.6
Food energy	kcal	539.6			1,235.7	25.9	2,447.6
Food energy	kJ	2,257.7			5,170.0	108.4	10,240.7
Protein (N X 6.38)	g	0.6	0.0	2	1.4	0.0	2.7
Total lipid (fat)	g	60.8	0.2	2	139.1	2.9	275.6
Carbohydrate, total	g	0.0			0.0	0.0	0.0
Fiber	g						
Ash	g	1.7	0.0	2	3.9	0.1	7.7
MINERALS:							
Calcium	mg	20.90			47.86	1.00	94.80
Iron	mg						
Magnesium	mg	1.82			4.17	0.09	8.26
Phosphorus	mg	16.10			36.87	0.77	73.03
Potassium	mg	29.80			68.24	1.43	135.17
Sodium	mg	993.88			2,275.98	47.71	4,508.22
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.112			0.256	0.005	0.508
Thiamin	mg	0.007			0.016	0.000	0.032
Riboflavin	mg	0.026			0.060	0.001	0.118
Niacin	mg	0.016			0.037	0.001	0.073
Pantothenic acid	mg	0.059			0.135	0.003	0.268
Vitamin B ₆	mg	0.006			0.014	0.000	0.027
Folacin	mcg	0.83			1.90	0.04	3.76
Vitamin B ₁₂	mcg	0.067			0.153	0.003	0.304
Vitamin A	RE	993			2,274	48	4,505
Vitamin A	IU	3,307			7,573	159	15,000
Total tocopherol	mg	³ --			---	---	---
Alpha-tocopherol	mg	---			---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	12.0			27.5	0.6	54.5
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.1	0.0	2	0.3	0.0	0.5
14:0	g	0.4	0.001	2	0.9	0.0	1.8
16:0	g	7.7	0.1	2	17.6	0.4	34.8
18:0	g	3.8	0.01	2	8.8	0.2	17.4
Monounsaturated, total	g	38.9			89.1	1.9	176.5
16:1	g						
18:1	g	38.9	0.2	2	89.1	1.9	176.5
20:1	g						
22:1	g						
Polyunsaturated, total	g	7.1			16.4	0.3	32.4
18:2	g	7.0	0.1	2	16.0	0.3	31.6
18:3	g	0.2	0.0	2	0.4	0.0	0.8
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	159	5	2	364	8	721
AMINO ACIDS:							
Tryptophan	g	0.008			0.018	0.000	0.036
Threonine	g	0.027			0.062	0.001	0.122
Isoleucine	g	0.036			0.082	0.002	0.163
Leucine	g	0.059			0.135	0.003	0.268
Lysine	g	0.048			0.110	0.002	0.218
Methionine	g	0.015			0.034	0.001	0.068
Cystine	g	0.006			0.014	0.000	0.027
Phenylalanine	g	0.029			0.066	0.001	0.132
Tyrosine	g	0.029			0.066	0.001	0.132
Valine	g	0.040			0.092	0.002	0.181
Arginine	g	0.022			0.050	0.001	0.100
Histidine	g	0.016			0.037	0.001	0.073
Alanine	g	0.021			0.048	0.001	0.095
Aspartic acid	g	0.045			0.103	0.002	0.204
Glutamic acid	g	0.126			0.289	0.006	0.572
Glycine	g	0.013			0.030	0.001	0.059
Proline	g	0.058			0.133	0.003	0.263
Serine	g	0.033			0.076	0.002	0.150

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data for all spreads packaged in tubs and containing about 60% fat.³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

SPREAD (margarinelike), about 60% fat, tub

Soybean (hydrogenated), palm (hydrogenated), and palm¹

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 c = 229 g	1 tsp = 4.8 g		
A	B	C	D	E	F	G	
PROXIMATE: ²							
Water	g	37.0	0.1	2	84.6	1.8	167.6
Food energy	{ kcal	539.6			1,235.7	25.9	2,447.6
	{ kf	2,257.7			5,170.0	108.4	10,240.7
Protein (N X 6.38)	g	0.6	0.0	2	1.4	0.0	2.7
Total lipid (fat)	g	60.8	0.2	2	139.1	2.9	275.6
Carbohydrate, total	g	0.0			0.0	0.0	0.0
Fiber	g						
Ash	g	1.7	0.0	2	3.9	0.1	7.7
MINERALS:							
Calcium	mg	20.90			47.86	1.00	94.80
Iron	mg						
Magnesium	mg	1.82			4.17	0.09	8.26
Phosphorus	mg	16.10			36.87	0.77	73.03
Potassium	mg	29.80			68.24	1.43	135.17
Sodium	mg	993.88			2,275.98	47.71	4,508.22
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.112			0.256	0.005	0.508
Thiamin	mg	0.007			0.016	0.000	0.032
Riboflavin	mg	0.026			0.060	0.001	0.118
Niacin	mg	0.016			0.037	0.001	0.073
Pantothenic acid	mg	0.059			0.135	0.003	0.268
Vitamin B ₆	mg	0.006			0.014	0.000	0.027
Folacin	mcg	0.83			1.90	0.04	3.76
Vitamin B ₁₂	mcg	0.067			0.153	0.003	0.304
Vitamin A	{ RE	993			2,274	48	4,505
	{ IU	3,307			7,573	159	15,000
Total tocopherol	mg	---			---	---	---
Alpha-tocopherol	mg	---			---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	13.5			31.0	0.7	61.4
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.1		1	0.3	0.0	0.5
16:0	g	10.1		1	23.0	0.5	45.6
18:0	g	3.4		1	7.7	0.2	15.3
Monounsaturated, total	g	24.1			55.2	1.2	109.4
16:1	g	0.0		1	0.0	0.0	0.0
18:1	g	24.1		1	55.2	1.2	109.4
20:1	g						
22:1	g						
Polyunsaturated, total	g	20.4			46.7	1.0	92.6
18:2	g	18.8		1	43.0	0.9	85.2
18:3	g	1.6		1	3.7	0.1	7.4
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---			---	---	---
AMINO ACIDS:							
Tryptophan	g	0.008			0.018	0.000	0.036
Threonine	g	0.027			0.062	0.001	0.122
Isoleucine	g	0.036			0.082	0.002	0.163
Leucine	g	0.059			0.135	0.003	0.268
Lysine	g	0.048			0.110	0.002	0.218
Methionine	g	0.015			0.034	0.001	0.068
Cystine	g	0.006			0.014	0.000	0.027
Phenylalanine	g	0.029			0.066	0.001	0.132
Tyrosine	g	0.029			0.066	0.001	0.132
Valine	g	0.040			0.092	0.002	0.181
Arginine	g	0.022			0.050	0.001	0.100
Histidine	g	0.016			0.037	0.001	0.073
Alanine	g	0.021			0.048	0.001	0.095
Aspartic acid	g	0.045			0.103	0.002	0.204
Glutamic acid	g	0.126			0.289	0.006	0.572
Glycine	g	0.013			0.030	0.001	0.059
Proline	g	0.058			0.133	0.003	0.263
Serine	g	0.033			0.076	0.002	0.150

¹ If vitamin D is added, each pound contains 2,000 I.U.² Based on composite data of all spreads packaged in tubs and containing about 60% fat.³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight		
	A	B	C	E	F	
PROXIMATE:²				1 c = 229 g	1 tsp = 4.8 g	
Water	g	37.0	0.1	2	84.6	1.8
Food energy	{ kcal	539.6		1,235.7	25.9	167.6
	kj	2,257.7		5,170.0	108.4	2,447.6
Protein (N X 6.38)	g	0.6	0.0	2	1.4	2.7
Total lipid (fat)	g	60.8	0.2	2	139.1	2.9
Carbohydrate, total	g	0.0			0.0	275.6
Fiber	g				0.0	0.0
Ash	g	1.7	0.0	2	3.9	0.1
MINERALS:						
Calcium	mg	20.90			47.86	1.00
Iron	mg					94.80
Magnesium	mg	1.82			4.17	0.09
Phosphorus	mg	16.10			36.87	0.77
Potassium	mg	29.80			68.24	1.43
Sodium	mg	993.88			2,275.98	47.71
Zinc	mg					4,508.22
VITAMINS:						
Ascorbic acid	mg	0.112			0.256	0.005
Thiamin	mg	0.007			0.016	0.000
Riboflavin	mg	0.026			0.060	0.001
Niacin	mg	0.016			0.037	0.001
Pantothenic acid	mg	0.059			0.135	0.003
Vitamin B ₆	mg	0.006			0.014	0.000
Folacin	mcg	0.83			1.90	0.04
Vitamin B ₁₂	mcg	0.067			0.153	0.003
Vitamin A	{ RE	993		2,274	48	4,505
	IU	3,307		7,573	159	15,000
Total tocopherol	mg	---		---	---	---
Alpha-tocopherol	mg	---		---	---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	12.8			29.4	0.6
4:0	g					58.2
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.1		1	0.2	0.0
14:0	g	0.3	0.2	2	0.6	0.0
16:0	g	8.9	1.2	2	20.4	0.4
18:0	g	3.6	0.2	2	8.2	0.2
Monounsaturated, total	g	31.5			72.1	1.5
16:1	g	0.0		1	0.0	0.0
18:1	g	31.5	7.4	2	72.1	1.5
20:1	g					142.7
22:1	g					
Polyunsaturated, total	g	13.8			31.5	0.7
18:2	g	12.9	5.9	2	29.5	0.6
18:3	g	0.9	0.7	2	2.1	0.0
18:4	g					62.5
20:4	g					
20:5	g					58.4
22:5	g					
22:6	g					4.1
Cholesterol	mg				---	---
Phytosterols	mg	---			---	---
AMINO ACIDS:						
Tryptophan	g	0.008			0.018	0.000
Threonine	g	0.027			0.062	0.001
Isoleucine	g	0.036			0.082	0.002
Leucine	g	0.059			0.135	0.003
Lysine	g	0.048			0.110	0.002
Methionine	g	0.015			0.034	0.001
Cystine	g	0.006			0.014	0.000
Phenylalanine	g	0.029			0.066	0.001
Tyrosine	g	0.029			0.066	0.001
Valine	g	0.040			0.092	0.002
Arginine	g	0.022			0.050	0.001
Histidine	g	0.016			0.037	0.001
Alanine	g	0.021			0.048	0.001
Aspartic acid	g	0.045			0.103	0.002
Glutamic acid	g	0.126			0.289	0.006
Glycine	g	0.013			0.030	0.001
Proline	g	0.058			0.133	0.003
Serine	g	0.033			0.076	0.002

¹ If vitamin D is added, each pound contains 2,000 I.U.

² Based on composite data of all spreads packaged in tubs and containing about 60% fat.

³ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Blue cheese

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse:0	G
				E	F		
A	B	C	D	1 c = 245 g	1 tbsp = 15.3 g		
PROXIMATE:							
Water	g	32.3	1	79.1	4.9	146.5	
Food energy	{ kcal	504.0		1,234.8	77.1	2,286.1	
	{ kJ	2,108.7		5,166.3	322.6	9,565.1	
Protein (N X 6.38)	g	4.8	1	11.8	0.7	21.8	
Total lipid (fat)	g	52.3		128.1	8.0	237.2	
Carbohydrate, total	g	7.4		18.1	1.1	33.6	
Fiber	g	0.1	1	0.2	0.0	0.5	
Ash	g	3.2	1	7.8	0.5	14.5	
MINERALS:							
Calcium	mg	81.0		198.5	12.4	367.4	
Iron	mg	0.2		0.5	0.0	0.9	
Magnesium	mg						
Phosphorus	mg	74.0		181.3	11.3	335.7	
Potassium	mg	1---		---	---	---	
Sodium	mg	---		---	---	---	
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	2.0		4.9	0.3	9.1	
Thiamin	mg	0.01		0.0	0.0	0.0	
Riboflavin	mg	0.1		0.2	0.0	0.5	
Niacin	mg	0.1		0.2	0.0	0.5	
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE	210		514.5	32.1	952.6	
Total tocopherol	mg	---		---	---	---	
Alpha-tocopherol	mg	---		---	---	---	
LIPIDS:							
Fatty acids ²							
Saturated, total	g	9.9		24.1	1.5	44.7	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.1		0.2	0.0	0.5	
14:0	g	0.6		1.5	0.1	2.8	
16:0	g	6.5		15.9	1.0	29.4	
18:0	g	2.4		6.0	0.4	11.0	
Monounsaturated, total	g	12.3		30.2	1.9	56.0	
16:1	g	0.3		0.7	0.0	1.4	
18:1	g	11.8		28.8	1.8	53.4	
20:1	g						
22:1	g						
Polyunsaturated, total	g	27.8		68.1	4.3	126.1	
18:2	g	23.5		57.6	3.6	106.7	
18:3	g	3.7		8.9	0.6	16.6	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	---		---	---	---	
Phytosterols	mg	---		---	---	---	
AMINO ACIDS:							
Tryptophan	g	---		---	---	---	
Threonine	g	---		---	---	---	
Isoleucine	g	---		---	---	---	
Leucine	g	---		---	---	---	
Lysine	g	---		---	---	---	
Methionine	g	---		---	---	---	
Cystine	g	---		---	---	---	
Phenylalanine	g	---		---	---	---	
Tyrosine	g	---		---	---	---	
Valine	g	---		---	---	---	
Arginine	g	---		---	---	---	
Histidine	g	---		---	---	---	
Alanine	g	---		---	---	---	
Aspartic acid	g	---		---	---	---	
Glutamic acid	g	---		---	---	---	
Glycine	g	---		---	---	---	
Proline	g	---		---	---	---	
Serine	g	---		---	---	---	

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.² Values reflect soybean oil.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 c = 260 g	1 tbsp = 16.3 g	G
A	B	C	D	E	F	
PROXIMATE:						
Water	g	69.4	1.2	3	180.4	11.3
Food energy	{ kcal	134.2			348.8	21.9
	kJ	561.4			1,459.5	91.5
Protein (N X 6.25)	g	0.2	0.1	3	0.6	0.0
Total lipid (fat)	g	5.8	0.6	3	15.1	0.9
Carbohydrate, total	g	21.7			56.4	3.5
Fiber	g	0.3	0.1	3	0.7	0.0
Ash	g	2.9	0.05	3	7.5	0.5
MINERALS:						
Calcium	mg	11			29	2
Iron	mg	0.4			1.0	0.1
Magnesium	mg					
Phosphorus	mg	14			36	2
Potassium	mg	79			205	13
Sodium	mg	787			2,046	128
Zinc	mg	0.18		1	0.47	0.03
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folic acid	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE	1---			---	---
	IU	---			---	---
Total tocopherol	mg	---			---	---
Alpha-tocopherol	mg	---			---	---
LIPIDS:						
Fatty acids ²						
Saturated, total	g	0.8			2.2	0.1
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.0			0.0	0.0
14:0	g	0.0			0.0	0.0
16:0	g	0.6			1.6	0.1
18:0	g	0.2			0.6	0.0
Monounsaturated, total	g	1.4			3.5	0.2
16:1	g	0.0			0.0	0.0
18:1	g	1.3			3.4	0.2
20:1	g	0.0			0.0	0.0
22:1	g					
Polyunsaturated, total	g	3.4			8.7	0.5
18:2	g	3.0			7.7	0.5
18:3	g	0.4			1.0	0.1
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	6	0	3	15	1
Phytosterols	mg	---			---	---
AMINO ACIDS:						
Tryptophan	g	---			---	---
Threonine	g	---			---	---
Isoleucine	g	---			---	---
Leucine	g	---			---	---
Lysine	g	---			---	---
Methionine	g	---			---	---
Cystine	g	---			---	---
Phenylalanine	g	---			---	---
Tyrosine	g	---			---	---
Valine	g	---			---	---
Arginine	g	---			---	---
Histidine	g	---			---	---
Alanine	g	---			---	---
Aspartic acid	g	---			---	---
Glutamic acid	g	---			---	---
Glycine	g	---			---	---
Proline	g	---			---	---
Serine	g	---			---	---

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

² Values reflect soybean oil.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	38.1	5.2	2	95.3	5.9
Food energy	{ kcal	429.7		1,074.1	67.0	1,948.9
	kJ	1,797.7		4,494.1	280.4	8,154.2
Protein (N X 6.25)	g	0.6	0.1	2	1.4	2.5
Total lipid (fat)	g	41.0	5.8	2	102.4	6.4
Carbohydrate, total	g	17.5			43.6	2.7
Fiber	g	0.8	0.1	2	1.9	0.1
Ash	g	3.0	1.1	2	7.4	0.5
MINERALS:						
Calcium	mg	11.0			27.5	1.7
Iron	mg	0.4			1.0	0.1
Magnesium	mg					
Phosphorus	mg	14.0			35.0	2.2
Potassium	mg	79.0			197.5	12.3
Sodium	mg	1,370.0			3,425.0	213.7
Zinc	mg	0.08		1	0.20	0.01
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE	1	--		--	--
	{ IU		--		--	--
Total tocopherol	mg		--		--	--
Alpha-tocopherol	mg		--		--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	9.5			23.7	1.5
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.3		1	0.8	0.0
16:0	g	7.7		1	19.3	1.2
18:0	g	0.8		1	2.1	0.1
Monounsaturated, total	g	8.0			20.0	1.2
16:1	g	0.4		1	1.1	0.1
18:1	g	7.1		1	17.7	1.1
20:1	g					
22:1	g					
Polyunsaturated, total	g	21.7			54.2	3.4
18:2	g	20.3		1	50.8	3.2
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg		--		--	--
Phytosterols	mg		--		--	--
AMINO ACIDS:						
Tryptophan	g		--		--	--
Threonine	g		--		--	--
Isoleucine	g		--		--	--
Leucine	g		--		--	--
Lysine	g		--		--	--
Methionine	g		--		--	--
Cystine	g		--		--	--
Phenylalanine	g		--		--	--
Tyrosine	g		--		--	--
Valine	g		--		--	--
Arginine	g		--		--	--
Histidine	g		--		--	--
Alanine	g		--		--	--
Aspartic acid	g		--		--	--
Glutamic acid	g		--		--	--
Glycine	g		--		--	--
Proline	g		--		--	--
Serine	g		--		--	--

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
	B	C	D	E	F		
A				1 c = 240 g	1 tbsp = 15.0 g	G	
PROXIMATE:							
Water	g	81.9	0.7	3	196.7	12.3	371.7
Food energy	kcal	105.4			253.0	15.8	478.1
	kJ	441.0			1,058.4	66.2	2,000.4
Protein (N X 6.25)	g	0.1	0.1	3	0.2	0.0	0.4
Total lipid (fat)	g	9.8	0.7	3	23.6	1.5	44.5
Carbohydrate, total	g	4.9			11.6	0.7	22.0
Fiber	g	0.3	0.1	3	0.7	0.0	1.2
Ash	g	3.3	0.1	3	7.9	0.5	15.0
MINERALS:							
Calcium	mg	2			5	0	9
Iron	mg	0.2			0.5	0.0	0.9
Magnesium	mg						
Phosphorus	mg	5			12	1	23
Potassium	mg	15			36	2	68
Sodium	mg	787			1,889	118	3,570
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	RE	1---			---	---	---
	IU	---			---	---	---
Total tocopherol	mg	---			---	---	---
Alpha-tocopherol	mg	---			---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	1.3			3.2	0.2	6.1
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	1.0	0.1	2	2.3	0.1	4.4
18:0	g	0.4	0.03	2	0.9	0.1	1.6
Monounsaturated, total	g	2.0			4.8	0.3	9.1
16:1	g						
18:1	g	2.0	0.2	2	4.8	0.3	9.1
20:1	g						
22:1	g						
Polyunsaturated, total	g	6.0			14.5	0.9	27.4
18:2	g	5.2	0.5	2	12.6	0.8	23.8
18:3	g	0.8	0.1	2	1.9	0.1	3.6
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	6	0	3	14	1	27
Phytosterols	mg	---			---		---
AMINO ACIDS:							
Tryptophan	g				---		
Threonine	g				---		
Isoleucine	g				---		
Leucine	g				---		
Lysine	g				---		
Methionine	g				---		
Cystine	g				---		
Phenylalanine	g				---		
Tyrosine	g				---		
Valine	g				---		
Arginine	g				---		
Histidine	g				---		
Alanine	g				---		
Aspartic acid	g				---		
Glutamic acid	g				---		
Glycine	g				---		
Proline	g				---		
Serine	g				---		

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

SALAD DRESSING, Commercial
Italian (regular)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 c = 235 g	1 tbsp = 14.7 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	38.4	5.8	2	90.1	5.6	174.0
Food energy	{ kcal	467.3			1,098.2	68.7	2,119.8
	kj	1,955.3			4,594.9	287.4	8,869.1
Protein (N X 6.25)	g	0.7	0.3	2	1.5	0.1	2.9
Total lipid (fat)	g	48.3	14.3	2	113.5	7.1	219.1
Carbohydrate, total	g	10.2			24.0	1.5	46.3
Fiber	g	0.2	0.1	2	0.5	0.0	0.9
Ash	g	2.5	0.3	2	5.9	0.4	11.3
MINERALS:							
Calcium	mg	10			23	1	45
Iron	mg	0.2			0.5	0.0	0.9
Magnesium	mg						
Phosphorus	mg	5			12	1	23
Potassium	mg	15			35	2	68
Sodium	mg	787			1,849	116	3,570
Zinc	mg	0.11		1	0.26	0.02	0.50
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE	1			---	---	---
	IU				---	---	---
Total tocopherol	mg				---	---	---
Alpha-tocopherol	mg				---	---	---
LIPIDS:							
Fatty acids: ²							
Saturated, total	g	7.0			16.3	1.0	31.5
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.0			0.0	0.0	0.1
14:0	g	0.0			0.1	0.0	0.1
16:0	g	5.0			11.7	0.7	22.6
18:0	g	1.8			4.3	0.3	8.2
Monounsaturated, total	g	11.2			26.4	1.7	51.0
16:1	g	0.1			0.3	0.0	0.5
18:1	g	11.0			25.9	1.6	50.0
20:1	g	0.1			0.2	0.0	0.4
22:1	g						
Polyunsaturated, total	g	28.0			65.8	4.1	126.9
18:2	g	24.6			57.9	3.6	111.7
18:3	g	3.3			7.7	0.5	14.9
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg				---	---	---
Phytosterols	mg				---	---	---
AMINO ACIDS:							
Tryptophan	g				---	---	---
Threonine	g				---	---	---
Isoleucine	g				---	---	---
Leucine	g				---	---	---
Lysine	g				---	---	---
Methionine	g				---	---	---
Cystine	g				---	---	---
Phenylalanine	g				---	---	---
Tyrosine	g				---	---	---
Valine	g				---	---	---
Arginine	g				---	---	---
Histidine	g				---	---	---
Alanine	g				---	---	---
Aspartic acid	g				---	---	---
Glutamic acid	g				---	---	---
Glycine	g				---	---	---
Proline	g				---	---	---
Serine	g				---	---	---

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

² Values reflect soybean oil.

SALAD DRESSING, Commercial
Mayonnaise, safflower and soybean

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 c = 220 g	1 tbsp = 13.8 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	15.3	0.4	25	33.7	2.1	69.6
Food energy	{ kcal	716.8			1,577.0	98.9	3,251.5
	{ kJ	2,999.2			6,598.2	413.9	13,604.4
Protein (N X 6.25)	g	1.1	0.0	25	2.4	0.2	5.0
Total lipid (fat)	g	79.4	0.0	678	174.6	11.0	360.0
Carbohydrate, total	g	2.7			6.0	0.4	12.4
Fiber	g	0.0	0.0	14	0.0	0.0	0.0
Ash	g	1.5	0.1	25	3.2	0.2	6.6
MINERALS:							
Calcium	mg	18.0			40	2	82
Iron	mg	0.5			1.1	0.1	2.3
Magnesium	mg						
Phosphorus	mg	28.0			62	4	127
Potassium	mg	34.0			75	5	154
Sodium	mg	568.39	2.42	408	1,250.46	78.44	2,578.22
Zinc	mg	0.12		1	0.26	0.02	0.54
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0			0	0	0
Riboflavin	mg	0			0	0	0
Niacin	mg						
Pantothenic acid.	mg						
Vitamin B6	mg						
Folacin	mcg						
Vitamin B12	mcg						
Vitamin A	{ RE	280			616	39	1,270
Total tocopherol	IU	1---			---	---	---
Alpha-tocopherol	mg	---			---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	8.6			18.9	1.2	38.9
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.0	0.0	2	0.0	0.0	0.0
14:0	g	0.1	0.0	2	0.2	0.0	0.4
16:0	g	6.1	0.0	2	13.4	0.8	27.6
18:0	g	2.4	0.1	2	5.3	0.3	10.9
Monounsaturated, total	g	13.0			28.6	1.8	59.0
16:1	g						
18:1	g	13.0	0.8	2	28.6	1.8	59.0
20:1	g						
22:1	g						
Polyunsaturated, total	g	55.0			121.0	7.6	249.4
18:2	g	52.0	1.7	2	114.4	7.2	235.8
18:3	g	3.0	0.8	2	6.6	0.4	13.6
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	---			---	---	---
Phytosterols	mg	---			---	---	---
AMINO ACIDS:							
Tryptophan	g	0.017			0.037	0.002	0.077
Threonine	g	0.055			0.121	0.008	0.249
Isoleucine	g	0.065			0.143	0.009	0.295
Leucine	g	0.095			0.209	0.013	0.431
Lysine	g	0.072			0.158	0.010	0.327
Methionine	g	0.035			0.077	0.005	0.159
Cystine	g	0.023			0.051	0.003	0.104
Phenylalanine	g	0.057			0.125	0.008	0.259
Tyrosine	g	0.046			0.101	0.006	0.209
Valine	g	0.074			0.163	0.010	0.336
Arginine	g	0.072			0.158	0.010	0.327
Histidine	g	0.026			0.057	0.004	0.118
Alanine	g	0.061			0.134	0.008	0.277
Aspartic acid	g	0.094			0.207	0.013	0.426
Glutamic acid	g	0.143			0.315	0.020	0.649
Glycine	g	0.037			0.081	0.005	0.168
Proline	g	0.044			0.097	0.006	0.200
Serine	g	0.088			0.194	0.012	0.399

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse:0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 c = 220 g	1 tbsp = 13.8 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	15.3	0.4	25	33.7	2.1	
Food energy	{ kcal	716.8			1,577.0	98.9	
	kJ	2,999.2			6,598.2	413.9	
Protein (N X 6.25)	g	1.1	0.00	25	2.4	0.2	
Total lipid (fat)	g	79.4	0.04	678	174.6	11.0	
Carbohydrate, total	g	2.7			6.0	0.4	
Fiber	g	0.0	0.0	14	0.0	0.0	
Ash	g	1.5	0.1	25	3.2	0.2	
MINERALS:							
Calcium	mg	18.0			40	2	
Iron	mg	0.5			1.1	0.1	
Magnesium	mg						
Phosphorus	mg	28.0			62	4	
Potassium	mg	34.0			75	5	
Sodium	mg	568.39	2.42	408	1,250.46	78.44	
Zinc	mg	0.16		1	0.35	0.02	
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg	0			0	0	
Riboflavin	mg	0			0	0	
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE	280			616	39	
Total tocopherol	mg	58.0	8.2	4	127.6	8.0	
Alpha-tocopherol	mg	20.8	4.3	4	45.7	2.9	
LIPIDS:							
Fatty acids:							
Saturated, total	g	11.8			26.1	1.6	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.1	0.01	575	0.3	0.0	
14:0	g	0.1	0.01	575	0.2	0.0	
16:0	g	8.5	0.1	594	18.7	1.2	
18:0	g	3.1	0.01	594	6.8	0.4	
Monounsaturated, total	g	22.7			49.9	3.1	
16:1	g	0.1	0.1	47	0.3	0.0	
18:1	g	22.5	0.1	349	49.4	3.1	
20:1	g	0.1	0.03	18	0.1	0.0	
22:1	g						
Polyunsaturated, total	g	41.3			91.0	5.7	
18:2	g	37.1	0.1	594	81.7	5.1	
18:3	g	4.2	0.1	594	9.2	0.6	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	59	5	10	130	8	
Phytosterols	mg	223	20	10	491	31	
AMINO ACIDS:							
Tryptophan	g	0.017			0.037	0.002	
Threonine	g	0.055			0.121	0.008	
Isoleucine	g	0.065			0.143	0.009	
Leucine	g	0.095			0.209	0.013	
Lysine	g	0.072			0.158	0.010	
Methionine	g	0.035			0.077	0.005	
Cystine	g	0.023			0.051	0.003	
Phenylalanine	g	0.057			0.125	0.008	
Tyrosine	g	0.046			0.101	0.006	
Valine	g	0.074			0.163	0.010	
Arginine	g	0.072			0.158	0.010	
Histidine	g	0.026			0.057	0.004	
Alanine	g	0.061			0.134	0.008	
Aspartic acid	g	0.094			0.207	0.013	
Glutamic acid	g	0.143			0.315	0.020	
Glycine	g	0.037			0.081	0.005	
Proline	g	0.044			0.097	0.006	
Serine	g	0.088			0.194	0.012	

**SALAD DRESSING, Commercial
Mayonnaise, imitation, milk cream**

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
A	B	C	D	E	F		G
PROXIMATE:							
Water	g	79.6	1	191.0	11.9	361.1	
Food energy	{ kcal	96.6		231.8	14.5	438.1	
Food energy	{ kJ	404.1		969.9	60.6	1,833.2	
Protein(N X 6.38)	g	2.1		5.1	0.3	9.7	
Total lipid (fat)	g	5.1	1	12.2	0.8	23.1	
Carbohydrate, total	g	11.1		26.6	1.7	50.4	
Fiber	g	0.0	1	0.0	0.0	0.0	
Ash	g	2.1	1	4.9	0.3	9.3	
MINERALS:							
Calcium	mg	1		---	---	---	
Iron	mg	---		---	---	---	
Magnesium	mg			---	---	---	
Phosphorus	mg	---		---	---	---	
Potassium	mg	---		---	---	---	
Sodium	mg	504.00	1	1,209.60	75.60	2,286.14	
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg			---	---	---	
Thiamin	mg			---	---	---	
Riboflavin	mg			---	---	---	
Niacin	mg			---	---	---	
Pantothenic acid	mg			---	---	---	
Vitamin B ₆	mg			---	---	---	
Folacin	mcg			---	---	---	
Vitamin B ₁₂	mcg			---	---	---	
Vitamin A	{ RE	---		---	---	---	
	{ IU	---		---	---	---	
Total tocopherol	mg	---		---	---	---	
Alpha-tocopherol	mg	---		---	---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.8		6.7	0.4	12.7	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.1	0.001	2	0.3	0.0	0.5
14:0	g	0.4	0.001	2	1.1	0.1	2.0
16:0	g	1.2	0.003	2	3.0	0.2	5.6
18:0	g	1.0	0.01	2	2.4	0.2	4.6
Monounsaturated, total	g	1.7			4.1	0.3	7.8
16:1	g						
18:1	g	1.7	0.01	2	4.1	0.3	7.8
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.3			0.8	0.1	1.6
18:2	g	0.2	0.001	2	0.6	0.0	1.1
18:3	g	0.1	0.002	2	0.2	0.0	0.4
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	43	1	103	6	196	
Phytosterols	mg	---		---	---	---	
AMINO ACIDS:							
Tryptophan	g			---	---	---	
Threonine	g			---	---	---	
Isoleucine	g			---	---	---	
Leucine	g			---	---	---	
Lysine	g			---	---	---	
Methionine	g			---	---	---	
Cystine	g			---	---	---	
Phenylalanine	g			---	---	---	
Tyrosine	g			---	---	---	
Valine	g			---	---	---	
Arginine	g			---	---	---	
Histidine	g			---	---	---	
Alanine	g			---	---	---	
Aspartic acid	g			---	---	---	
Glutamic acid	g			---	---	---	
Glycine	g			---	---	---	
Proline	g			---	---	---	
Serine	g			---	---	---	

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	62.7	0.6	3	150.6 555.7 2,325.2	9.4 34.7 145.3	284.6 1,050.3 4,394.6
Food energy	{ kcal	231.6					
	{ kJ	968.8					
Protein (N X 6.25)	g	0.3	0.3	3	0.6	0.0	1.1
Total lipid (fat)	g	19.2	4.9	3	46.1	2.9	87.1
Carbohydrate, total	g	16.0			38.4	2.4	72.5
Fiber	g	0.0			0.0	0.0	0.0
Ash	g	1.8	0.4	3	4.4	0.3	8.3
MINERALS:							
Calcium	mg	1			---	---	---
Iron	mg				---	---	---
Magnesium	mg				---	---	---
Phosphorus	mg				---	---	---
Potassium	mg				---	---	---
Sodium	mg	497.00		1	1,192.80	74.55	2,254.39
Zinc	mg		0.11	1	0.26	0.02	0.50
VITAMINS:							
Ascorbic acid	mg				---	---	---
Thiamin	mg				---	---	---
Riboflavin	mg				---	---	---
Niacin	mg				---	---	---
Pantothenic acid	mg				---	---	---
Vitamin B ₆	mg				---	---	---
Folacin	mcg				---	---	---
Vitamin B ₁₂	mcg				---	---	---
Vitamin A	{ RE				---	---	---
	{ IU				---	---	---
Total tocopherol	mg				---	---	---
Alpha-tocopherol	mg				---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	3.3			8.0	0.5	15.1
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.0		1	0.0	0.0	0.1
16:0	g	2.4	0.7	3	5.7	0.4	10.8
18:0	g	0.9	0.3	3	2.2	0.1	4.2
Monounsaturated, total	g	4.5			10.8	0.7	20.3
16:1	g	0.0	0.0	2	0.0	0.0	0.0
18:1	g	4.5	1.1	3	10.8	0.7	20.3
20:1	g						
22:1	g						
Polyunsaturated, total	g	10.6			25.3	1.6	47.9
18:2	g	9.0	2.4	3	21.6	1.4	40.8
18:3	g	1.6	0.4	3	3.7	0.2	7.0
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	24	2	2	58	4	109
Phytosterols	mg	62	4	2	149	9	281
AMINO ACIDS:							
Tryptophan	g				---	---	---
Threonine	g				---	---	---
Isoleucine	g				---	---	---
Leucine	g				---	---	---
Lysine	g				---	---	---
Methionine	g				---	---	---
Cystine	g				---	---	---
Phenylalanine	g				---	---	---
Tyrosine	g				---	---	---
Valine	g				---	---	---
Arginine	g				---	---	---
Histidine	g				---	---	---
Alanine	g				---	---	---
Aspartic acid	g				---	---	---
Glutamic acid	g				---	---	---
Glycine	g				---	---	---
Proline	g				---	---	---
Serine	g				---	---	---

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

SALAD DRESSING, Commercial

Mayonnaise, imitation, soybean without cholesterol

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 c = 225 g	1 tbsp = 14.0 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	34.6	3.9	3	77.9	4.8	
Food energy	{ kcal	481.9			1,084.3	67.5	
Food energy	{ kJ	2,016.3			4,536.6	282.3	
Protein (N X 6.25)	g	0.1	0.1	3	0.2	0.0	
Total lipid (fat)	g	47.7	2.7	3	107.3	6.7	
Carbohydrate, total	g	15.8			35.6	2.2	
Fiber	g	0.0			0.0	0.0	
Ash	g	1.8	0.4	3	4.1	0.3	
MINERALS:							
Calcium	mg	—			—	—	
Iron	mg	—			—	—	
Magnesium	mg	—			—	—	
Phosphorus	mg	—			—	—	
Potassium	mg	—			—	—	
Sodium	mg	353.00		1	794.25	49.42	
Zinc	mg	—				1,601.21	
VITAMINS:							
Ascorbic acid	mg	—			—	—	
Thiamin	mg	—			—	—	
Riboflavin	mg	—			—	—	
Niacin	mg	—			—	—	
Pantothenic acid	mg	—			—	—	
Vitamin B ₆	mg	—			—	—	
Folacin	mcg	—			—	—	
Vitamin B ₁₂	mcg	—			—	—	
Vitamin A	{ RE	—			—	—	
Vitamin A	{ IU	—			—	—	
Total tocopherol	mg	—			—	—	
Alpha-tocopherol	mg	—			—	—	
LIPIDS:							
Fatty acids:							
Saturated, total	g	7.5			16.9	1.1	
4:0	g	—				34.0	
6:0	g	—				0.0	
8:0	g	—				0.0	
10:0	g	—				0.0	
12:0	g	0.0		1	0.0	0.0	
14:0	g	0.0		1	0.0	0.0	
16:0	g	5.5	0.5	3	12.3	0.8	
18:0	g	2.0	0.2	3	4.6	0.3	
Monounsaturated, total	g	10.5			23.6	1.5	
16:1	g	—				47.6	
18:1	g	10.5	0.6	3	23.6	1.5	
20:1	g	—				47.6	
22:1	g	—				0.0	
Polyunsaturated, total	g	27.6			62.0	3.9	
18:2	g	23.0	1.6	3	51.8	3.2	
18:3	g	4.6	0.4	3	10.3	0.6	
18:4	g	—				125.0	
20:4	g	—				104.4	
20:5	g	—				20.7	
22:5	g	—				0.0	
22:6	g	—				0.0	
Cholesterol	mg	0	0	2	0	0	
Phytosterols	mg	216	8	2	485	30	
AMINO ACIDS:							
Tryptophan	g	—			—	—	
Threonine	g	—			—	—	
Isoleucine	g	—			—	—	
Leucine	g	—			—	—	
Lysine	g	—			—	—	
Methionine	g	—			—	—	
Cystine	g	—			—	—	
Phenylalanine	g	—			—	—	
Tyrosine	g	—			—	—	
Valine	g	—			—	—	
Arginine	g	—			—	—	
Histidine	g	—			—	—	
Alanine	g	—			—	—	
Aspartic acid	g	—			—	—	
Glutamic acid	g	—			—	—	
Glycine	g	—			—	—	
Proline	g	—			—	—	
Serine	g	—			—	—	

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 c = 235 g	1 tbsp = 14.7 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	39.9	2.4	11	93.8	5.9	181.1
Food energy	{ kcal	389.7			915.7	57.3	1,767.5
	{ kJ	1,630.4			3,831.4	239.7	7,395.4
Protein (N X 6.25)	g	0.9	0.1	11	2.1	0.1	4.1
Total lipid (fat)	g	33.4	0.4	124	78.4	4.9	151.3
Carbohydrate, total	g	23.9			56.2	3.5	108.6
Fiber	g	0.0	0.0	2	0.0	0.0	0.0
Ash	g	1.9	0.2	11	4.5	0.3	8.6
MINERALS:							
Calcium	mg	14			33	2	64
Iron	mg	0.2			0.5	0.0	0.9
Magnesium	mg	2.00		1	4.70	0.29	9.07
Phosphorus	mg	26			61	4	118
Potassium	mg	9			21	1	41
Sodium	mg	710.78	10.55	76	1,670.32	104.48	3,224.08
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE	220			517	32	998
Total tocopherol	mg	30.0	5.0	2	70.5	4.4	136.1
Alpha-tocopherol	mg	---			---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	4.9			11.6	0.7	22.4
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.1	0.01	117	0.1	0.0	0.3
14:0	g	0.0	0.01	120	0.1	0.0	0.1
16:0	g	3.5	0.1	127	8.1	0.5	15.7
18:0	g	1.4	0.02	127	3.2	0.2	6.3
Monounsaturated, total	g	9.0			21.0	1.3	40.6
16:1	g						
18:1	g	9.0	0.2	73	21.0	1.3	40.6
20:1	g						
22:1	g						
Polyunsaturated, total	g	18.0			42.3	2.6	81.6
18:2	g	16.0	0.2	127	37.6	2.4	72.6
18:3	g	2.0	0.1	127	4.7	0.3	9.0
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	26	1	2	60	4	116
Phytosterols	mg	97	1	2	227	14	438
AMINO ACIDS:							
Tryptophan	g				---	---	---
Threonine	g				---	---	---
Isoleucine	g				---	---	---
Leucine	g				---	---	---
Lysine	g				---	---	---
Methionine	g				---	---	---
Cystine	g				---	---	---
Phenylalanine	g				---	---	---
Tyrosine	g				---	---	---
Valine	g				---	---	---
Arginine	g				---	---	---
Histidine	g				---	---	---
Alanine	g				---	---	---
Aspartic acid	g				---	---	---
Glutamic acid	g				---	---	---
Glycine	g				---	---	---
Proline	g				---	---	---
Serine	g				---	---	---

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
	A	B	C	E	F	G	
PROXIMATE:				1 c = 260 g	1 tbsp = 16.3 g		
Water	g	65.0	0.1	3	168.9	10.6	294.6
Food energy	{ kcal	141.4			367.7	23.1	641.5
	kJ	591.8			1,538.6	96.5	2,684.2
Protein (N X 6.25)	g	0.5	0.1	3	1.3	0.1	2.3
Total lipid (fat)	g	4.0	0.3	3	10.4	0.7	18.1
Carbohydrate, total	g	27.6			71.8	4.5	125.2
Fiber	g	0.3	0.1	3	0.9	0.1	1.5
Ash	g	2.9	0.1	3	7.6	0.5	13.3
MINERALS:							
Calcium	mg	19			49	3	86
Iron	mg	0.6			1.6	0.1	2.7
Magnesium	mg						
Phosphorus	mg	37			96	6	168
Potassium	mg	157			408	26	712
Sodium	mg	868			2,257	141	3,937
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B6	mg						
Folacin	mcg						
Vitamin B12	mcg						
Vitamin A	{ RE	1			---	---	---
	IU				---	---	---
Total tocopherol	mg				---	---	---
Alpha-tocopherol	mg				---	---	---
LIPIDS:							
Fatty acids: ²							
Saturated, total	g	0.6			1.5	0.1	2.6
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.0			0.0	0.0	0.0
14:0	g	0.0			0.0	0.0	0.0
16:0	g	0.4			1.1	0.1	1.9
18:0	g	0.2			0.4	0.0	0.7
Monounsaturated, total	g	0.9			2.4	0.2	4.2
16:1	g	0.0			0.0	0.0	0.0
18:1	g	0.9			2.4	0.1	4.1
20:1	g	0.0			0.0	0.0	0.0
22:1	g						
Polyunsaturated, total	g	2.3			6.0	0.4	10.5
18:2	g	2.0			5.3	0.3	9.2
18:3	g	0.3			0.7	0.0	1.2
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	6	0	3	15	1	26
Phytosterols	mg		---		---	---	
AMINO ACIDS:							
Tryptophan	g				---	---	---
Threonine	g				---	---	---
Isoleucine	g				---	---	---
Leucine	g				---	---	---
Lysine	g				---	---	---
Methionine	g				---	---	---
Cystine	g				---	---	---
Phenylalanine	g				---	---	---
Tyrosine	g				---	---	---
Valine	g				---	---	---
Arginine	g				---	---	---
Histidine	g				---	---	---
Alanine	g				---	---	---
Aspartic acid	g				---	---	---
Glutamic acid	g				---	---	---
Glycine	g				---	---	---
Proline	g				---	---	---
Serine	g				---	---	---

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

² Values reflect soybean oil.

SALAD DRESSING, Commercial
Russian, (regular)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight	Refuse:0	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	34.5	1	84.5	5.3	156.5
Food energy	{ kcal	494		1,210	76	2,241
	kJ	2,067		5,064	316	9,375
Protein (N X 6.25)	g	1.6	1	3.9	0.2	7.3
Total lipid (fat)	g	50.8	1	124.5	7.8	230.4
Carbohydrate, total	g	10.4		25.5	1.6	47.2
Fiber	g	0.3	1	0.7	0.0	1.4
Ash	g	2.7	1	6.6	0.4	12.2
MINERALS:						
Calcium	mg	19		47	3	86
Iron	mg	0.6		1.5	0.1	2.7
Magnesium	mg					
Phosphorus	mg	37		91	6	168
Potassium	mg	157		385	24	712
Sodium	mg	868		2,127	133	3,937
Zinc	mg	0.43	1	1.05	0.07	1.95
VITAMINS:						
Ascorbic acid	mg	6		15	1	27
Thiamin	mg	0.05		0.12	0.01	0.23
Riboflavin	mg	0.05		0.12	0.01	0.23
Niacin	mg	0.6		1.5	0.1	2.7
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	IU	690		1,691	106	3,130
Total tocopherol	mg	---		---	---	---
Alpha-tocopherol	mg	---		---	---	---
LIPIDS:						
Fatty acids. ²						
Saturated, total	g	7.3		17.9	1.1	33.1
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.0		0.0	0.0	0.1
14:0	g	0.0		0.1	0.0	0.1
16:0	g	5.2		12.8	0.8	23.7
18:0	g	1.9		4.7	0.3	8.6
Monounsaturated, total	g	11.8		29.0	1.8	53.6
16:1	g	0.1		0.3	0.0	0.5
18:1	g	11.6		28.4	1.8	52.6
20:1	g	0.1		0.2	0.0	0.4
22:1	g					
Polyunsaturated, total	g	29.4		72.1	4.5	133.5
18:2	g	25.9		63.5	4.0	117.5
18:3	g	3.5		8.5	0.5	15.7
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg			---	---	---
Phytosterols	mg	---		---	---	---
AMINO ACIDS:						
Tryptophan	g	---		---	---	---
Threonine	g	---		---	---	---
Isoleucine	g	---		---	---	---
Leucine	g	---		---	---	---
Lysine	g	---		---	---	---
Methionine	g	---		---	---	---
Cystine	g	---		---	---	---
Phenylalanine	g	---		---	---	---
Tyrosine	g	---		---	---	---
Valine	g	---		---	---	---
Arginine	g	---		---	---	---
Histidine	g	---		---	---	---
Alanine	g	---		---	---	---
Aspartic acid	g	---		---	---	---
Glutamic acid	g	---		---	---	---
Glycine	g	---		---	---	---
Proline	g	---		---	---	---
Serine	g	---		---	---	---

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

² Values reflect soybean oil.

SESAME DRESSING, Commercial
Sesame seed

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight		
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	39.2	3.7	6	96.0	6.0
Food energy	{ kcal	443.1			1,085.7	67.8
	kj	1,854.1			4,542.5	283.7
Protein (N X 6.25)	g	3.1	1.3	6	7.6	0.5
Total lipid (fat)	g	45.2	4.9	6	110.8	6.9
Carbohydrate, total	g	8.6			21.0	1.3
Fiber	g	0.4	0.2	6	0.9	0.1
Ash	g	3.9	0.2	6	9.6	0.6
MINERALS:						
Calcium	mg	1	--		--	--
Iron	mg		--		--	--
Magnesium	mg		--		--	--
Phosphorus	mg		--		--	--
Potassium	mg		--		--	--
Sodium	mg	1,000			2,450	153
Zinc	mg					4,536
VITAMINS:						
Ascorbic acid	mg		--		--	--
Thiamin	mg		--		--	--
Riboflavin	mg		--		--	--
Niacin	mg		--		--	--
Pantothenic acid	mg		--		--	--
Vitamin B6	mg		--		--	--
Folacin	mcg		--		--	--
Vitamin B12	mcg		--		--	--
Vitamin A	{ RE	--	--		--	--
	IU	--	--		--	--
Total tocopherol	mg	--	--		--	--
Alpha-tocopherol	mg	--	--		--	--
LIPIDS:						
Fatty acids:						
Saturated, total	g	6.2			15.1	0.9
4:0	g					28.0
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	4.2	0.5	6	10.3	0.6
18:0	g	1.9	0.2	6	4.6	0.3
Monounsaturated, total	g	11.9			29.3	1.8
16:1	g					54.2
18:1	g	11.9	1.3	6	29.3	1.8
20:1	g					54.2
22:1	g					
Polyunsaturated, total	g	25.1			61.5	3.8
18:2	g	23.2	2.5	6	56.7	3.5
18:3	g	2.0	0.3	6	4.8	0.3
18:4	g					8.9
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	0	0	6	0	0
Phytosterols	mg	--	--		--	--
AMINO ACIDS:						
Tryptophan	g		--		--	--
Threonine	g		--		--	--
Isoleucine	g		--		--	--
Leucine	g		--		--	--
Lysine	g		--		--	--
Methionine	g		--		--	--
Cystine	g		--		--	--
Phenylalanine	g		--		--	--
Tyrosine	g		--		--	--
Valine	g		--		--	--
Arginine	g		--		--	--
Histidine	g		--		--	--
Alanine	g		--		--	--
Aspartic acid	g		--		--	--
Glutamic acid	g		--		--	--
Glycine	g		--		--	--
Proline	g		--		--	--
Serine	g		--		--	--

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 c = 245 g	1 tbsp = 15.3 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	69.3	0.2	3	169.9 388.7	10.6 24.3	314.5 719.6
Food energy	{ kcal	158.6			1,626.2	101.6	3,010.8
	{ kj	663.8					
Protein (N x 6.25)	g	0.8	0.0	3	1.9	0.1	3.5
Total lipid (fat)	g	10.7	0.6	3	26.1	1.6	48.3
Carbohydrate, total	g	16.2			39.6	2.5	73.4
Fiber	g	1.2	0.2	3	2.9	0.2	5.4
Ash	g	3.1	0.0	3	7.5	0.5	13.9
MINERALS:							
Calcium	mg	11			27	2	50
Iron	mg	0.6			1.5	0.1	2.7
Magnesium	mg						
Phosphorus	mg	17			42	3	77
Potassium	mg	113			277	17	512
Sodium	mg	1,000			2,450	153	4,536
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE	320			784	49	1,452
Total tocopherol	mg	---			---	---	---
Alpha-tocopherol	mg	---			---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	1.6			3.9	0.2	7.2
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	1.1	0.1	3	2.8	0.2	5.2
18:0	g	0.4	0.03	3	1.1	0.1	2.0
Monounsaturated, total	g	2.4			5.8	0.4	10.7
16:1	g						
18:1	g	2.4	0.1	3	5.8	0.4	10.7
20:1	g						
22:1	g						
Polyunsaturated, total	g	6.2			15.3	1.0	28.3
18:2	g	5.3	0.3	3	13.1	0.8	24.2
18:3	g	0.9	0.1	3	2.2	0.1	4.1
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	15	0	3	38	2	70
Phytosterols	mg	---			---	---	---
AMINO ACIDS:							
Tryptophan	g				---	---	---
Threonine	g				---	---	---
Isoleucine	g				---	---	---
Leucine	g				---	---	---
Lysine	g				---	---	---
Methionine	g				---	---	---
Cystine	g				---	---	---
Phenylalanine	g				---	---	---
Tyrosine	g				---	---	---
Valine	g				---	---	---
Arginine	g				---	---	---
Histidine	g				---	---	---
Alanine	g				---	---	---
Aspartic acid	g				---	---	---
Glutamic acid	g				---	---	---
Glycine	g				---	---	---
Proline	g				---	---	---
Serine	g				---	---	---

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

SALAD DRESSING, Commercial
Thousand Island (regular)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 c = 250 g	1 tbsp = 15.6 g	G
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	46.1	1	115.3	7.2	209.1
Food energy	{ kcal	377.3		943.3	58.9	1,711.6
Food energy	{ kJ	1,578.8		3,946.9	246.3	7,161.2
Protein (N X 6.25)	g	0.9	1	2.3	0.1	4.1
Total lipid (fat)	g	35.7	1	89.3	5.6	161.9
Carbohydrate, total	g	15.2		38.0	2.4	68.9
Fiber	g	2.0	1	5.0	0.3	9.1
Ash	g	2.1	1	5.3	0.3	9.5
MINERALS:						
Calcium	mg	11		28	2	50
Iron	mg	0.6		1.5	0.1	2.7
Magnesium	mg					
Phosphorus	mg	17		42	3	77
Potassium	mg	113		282	18	512
Sodium	mg	700		1,750	109	3,175
Zinc	mg	0.14	1	0.35	0.02	0.64
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid.	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE	320		784	50	1,452
Total tocopherol	mg	---		---	---	---
Alpha-tocopherol	mg	---		---	---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	6.0		15.1	0.9	27.4
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.1	1	0.4	0.0	0.6
14:0	g	0.1	1	0.2	0.0	0.3
16:0	g	4.3	1	10.7	0.7	19.5
18:0	g	1.3	1	3.2	0.2	5.8
Monounsaturated, total	g	8.3		20.7	1.3	37.6
16:1	g	0.2	1	0.5	0.0	1.0
18:1	g	7.7	1	19.3	1.2	35.0
20:1	g					
22:1	g					
Polyunsaturated, total	g	19.8		49.5	3.1	89.8
18:2	g	16.5	1	41.1	2.6	74.6
18:3	g	2.5	1	6.3	0.4	11.4
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg	---		---	---	---
Phytosterols	mg	---		---	---	---
AMINO ACIDS:						
Tryptophan	g	---		---	---	---
Threonine	g	---		---	---	---
Isoleucine	g	---		---	---	---
Leucine	g	---		---	---	---
Lysine	g	---		---	---	---
Methionine	g	---		---	---	---
Cystine	g	---		---	---	---
Phenylalanine	g	---		---	---	---
Tyrosine	g	---		---	---	---
Valine	g	---		---	---	---
Arginine	g	---		---	---	---
Histidine.	g	---		---	---	---
Alanine	g	---		---	---	---
Aspartic acid	g	---		---	---	---
Glutamic acid.	g	---		---	---	---
Glycine	g	---		---	---	---
Proline	g	---		---	---	---
Serine	g	---		---	---	---

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

SALAD DRESSING, Home recipe

French

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0
				1 c = 220 g	1 tbsp = 14.0 g	G
A	B	C	D	E	F	
PROXIMATE:						
Water	g	24.2		53.2	3.4	109.8
Food energy	{ kcal	630.9		1,388.0	88.3	2,861.8
	kJ	2,639.7		5,807.3	369.6	11,973.7
Protein (Nx 6.25)	g	0.1		0.2	0.0	0.5
Total lipid (fat)	g	70.2		154.4	9.8	318.4
Carbohydrate, total	g	3.4		7.5	0.5	15.4
Fiber	g	0.2		0.4	0.0	0.9
Ash	g	1.8		4.0	0.3	8.2
MINERALS:						
Calcium	mg	5.8		12.8	0.8	26.3
Iron	mg	0.2		0.4	0.0	0.9
Magnesium	mg					
Phosphorus	mg	2.9		6.4	0.4	13.2
Potassium	mg	23.8		52.4	3.3	108.0
Sodium	mg	658		1,448	92	2,985
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg	0.60		1.32	0.08	2.72
Thiamin	mg	0.01		0.02	0.00	0.05
Riboflavin	mg	0.02		0.04	0.00	0.09
Niacin	mg	0.13		0.29	0.02	0.59
Pantothenic acid	mg					
Vitamin B6	mg					
Folacin	mcg					
Vitamin B12	mcg					
Vitamin A	{ RE	514		1,131	72	2,332
Total tocopherol	IU			---	---	---
Alpha-tocopherol	mg	---		---	---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	12.6		27.7	1.8	57.2
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.2		0.4	0.0	0.9
16:0	g	9.8		21.6	1.4	44.5
18:0	g	2.6		5.7	0.4	11.8
Monounsaturated, total	g	20.7		45.5	2.9	93.9
16:1	g	0.2		0.4	0.0	0.9
18:1	g	20.5		45.1	2.9	93.0
20:1	g					
22:1	g					
Polyunsaturated, total	g	33.7		74.1	4.7	152.9
18:2	g	31.7		69.7	4.4	143.8
18:3	g	1.9		4.2	0.3	8.6
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	---		---	---	---
AMINO ACIDS:						
Tryptophan	g			---	---	---
Threonine	g			---	---	---
Isoleucine	g			---	---	---
Leucine	g			---	---	---
Lysine	g			---	---	---
Methionine	g			---	---	---
Cystine	g			---	---	---
Phenylalanine	g			---	---	---
Tyrosine	g			---	---	---
Valine	g			---	---	---
Arginine	g			---	---	---
Histidine	g			---	---	---
Alanine	g			---	---	---
Aspartic acid	g			---	---	---
Glutamic acid	g			---	---	---
Glycine	g			---	---	---
Proline	g			---	---	---
Serine	g			---	---	---

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 c = 255 g	1 tbsp = 16.0 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	69.2		176.5	11.1	313.9	
Food energy	{ kcal	156.8		399.8	25.1	711.2	
	{ kJ	655.9		1,672.5	104.9	2,975.2	
Protein (N X 6.25)	g	4.2		10.7	0.7	19.1	
Total lipid (fat)	g	9.5		24.2	1.5	43.1	
Carbohydrate, total	g	14.9		38.0	2.4	67.6	
Fiber	g	0.0		0.0	0.0	0.1	
Ash	g	2.4		6.1	0.4	10.9	
MINERALS:							
Calcium	mg	84		214	13	381	
Iron	mg	0.5		1.3	0.1	2.3	
Magnesium	mg						
Phosphorus	mg	87		222	14	395	
Potassium	mg	121		309	19.4	549	
Sodium	mg	734		1,872	117.4	3,329.4	
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg	0.60		1.53	0.10	2.72	
Thiamin	mg	0.06		0.15	0.01	0.27	
Riboflavin	mg	0.15		0.38	0.02	0.68	
Niacin	mg	0.25		0.64	0.04	1.13	
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE. IU	411		1,048	66	1,864	
Total tocopherol	mg	---		---	---	---	
Alpha-tocopherol	mg	---		---	---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	2.9		7.4	0.5	13.2	
4:0	g	0.1		0.3	0.0	0.5	
6:0	g	0.0		0.1	0.0	0.18	
8:0	g	0.0		0.1	0.0	0.14	
10:0	g	0.1		0.3	0.0	0.5	
12:0	g	0.1		0.3	0.0	0.5	
14:0	g	0.2		0.5	0.0	0.9	
16:0	g	1.6		4.1	0.3	7.3	
18:0	g	0.8		2.0	0.1	3.6	
Monounsaturated, total	g	3.8		9.7	0.6	17.2	
16:1	g	0.1		0.3	0.0	0.5	
18:1	g	3.7		9.4	0.6	16.8	
20:1	g						
22:1	g						
Polyunsaturated, total	g	2.1		5.4	0.3	9.5	
18:2	g	2.0		5.1	0.3	9.1	
18:3	g	0.1		0.3	0.0	0.5	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg			---	---	---	
Phytosterols	mg			---	---	---	
AMINO ACIDS:							
Tryptophan	g			---	---	---	
Threonine	g			---	---	---	
Isoleucine	g			---	---	---	
Leucine	g			---	---	---	
Lysine	g			---	---	---	
Methionine	g			---	---	---	
Cystine	g			---	---	---	
Phenylalanine	g			---	---	---	
Tyrosine	g			---	---	---	
Valine	g			---	---	---	
Arginine	g			---	---	---	
Histidine	g			---	---	---	
Alanine	g			---	---	---	
Aspartic acid	g			---	---	---	
Glutamic acid	g			---	---	---	
Glycine	g			---	---	---	
Proline	g			---	---	---	
Serine	g			---	---	---	

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

SALAD DRESSING, Home recipe

Vinegar and oil

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean A	Standard error B	Number of samples C	Approximate measure and weight 1 c = 250 g E	1 tbsp = 15.6 g F	
PROXIMATE:						
Water	g	47.4		118.5	7.6	215.0
Food energy	{ kcal	448.8		1,122.0	71.8	2,035.8
	{ kj	1,878.1		4,695.3	300.5	8,519.1
Protein	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	50.1		125.3	8.0	227.3
Carbohydrate, total	g	2.5		6.3	0.4	11.3
Fiber	g					
Ash	g					
MINERALS:						
Calcium	mg					
Iron	mg					
Magnesium	mg					
Phosphorus	mg					
Potassium	mg	7.5		18.8	1.2	34.0
Sodium	mg	0.5		1.3	0.1	2.3
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	{ IU					
Total tocopherol	mg	1---		---	---	---
Alpha-tocopherol	mg	---		---	---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	9.1		22.8	1.5	41.3
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.2		0.5	0.0	0.9
16:0	g	7.0		17.5	1.1	31.8
18:0	g	1.9		4.8	0.3	8.6
Monounsaturated, total	g	14.8		37.0	2.4	67.1
16:1	g	0.1		0.3	0.0	0.5
18:1	g	14.7		36.8	2.4	66.7
20:1	g					
22:1	g					
Polyunsaturated, total	g	24.1		60.3	3.9	109.3
18:2	g	22.7		56.8	3.6	103.0
18:3	g	1.4		3.5	0.2	6.4
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	---		---	---	---
AMINO ACIDS:						
Tryptophan	g	---		---	---	---
Threonine	g	---		---	---	---
Isoleucine	g	---		---	---	---
Leucine	g	---		---	---	---
Lysine	g	---		---	---	---
Methionine	g	---		---	---	---
Cystine	g	---		---	---	---
Phenylalanine	g	---		---	---	---
Tyrosine	g	---		---	---	---
Valine	g	---		---	---	---
Arginine	g	---		---	---	---
Histidine	g	---		---	---	---
Alanine	g	---		---	---	---
Aspartic acid	g	---		---	---	---
Glutamic acid	g	---		---	---	---
Glycine	g	---		---	---	---
Proline	g	---		---	---	---
Serine	g	---		---	---	---

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight	Refuse: 0		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	40.8	1.1	6	99.8	6.2	184.8
Food energy	{ kcal	389.0			953.0	59.5	1,764.4
	kJ	1,627.5			3,987.4	249.0	7,382.4
Protein (N X 6.25)	g	0.9	0.1	7	2.3	0.1	4.3
Total lipid (fat)	g	34.0	1.6	7	83.2	5.2	154.0
Carbohydrate, total	g	22.4			54.9	3.4	101.6
Fiber	g						
Ash	g	2.0	0.1	7	4.8	0.3	8.9
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg	2			---	---	---
Sodium	mg	---			---	---	---
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B6	mg						
Folacin	mcg						
Vitamin B12	mcg						
Vitamin A	{ RE						
Total tocopherol	IU	34.5	5.5	2	84.5	5.3	156.5
Alpha-tocopherol	mg	---	---		---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	5.1			12.4	0.8	23.0
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	3.9	0.2	8	9.5	0.6	17.7
18:0	g	1.2	0.1	8	2.9	0.2	5.3
Monounsaturated, total	g	7.4			18.2	1.1	33.7
16:1	g						
18:1	g	7.4	0.4	8	18.2	1.1	33.7
20:1	g						
22:1	g						
Polyunsaturated, total	g	20.0			49.0	3.1	90.6
18:2	g	18.1	0.8	8	44.3	2.8	82.1
18:3	g	1.9	0.2	8	4.6	0.3	8.6
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	76	6	7	187	12	346
Phytosterols	mg	---			---	---	---
AMINO ACIDS:							
Tryptophan	g				---	---	---
Threonine	g				---	---	---
Isoleucine	g				---	---	---
Leucine	g				---	---	---
Lysine	g				---	---	---
Methionine	g				---	---	---
Cystine	g				---	---	---
Phenylalanine	g				---	---	---
Tyrosine	g				---	---	---
Valine	g				---	---	---
Arginine	g				---	---	---
Histidine	g				---	---	---
Alanine	g				---	---	---
Aspartic acid	g				---	---	---
Glutamic acid	g				---	---	---
Glycine	g				---	---	---
Proline	g				---	---	---
Serine	g				---	---	---

¹ Contains no meat.

² Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

SHORTENING, Household

Soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 c = 205 g	1 tbsp = 12.8 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	884.0		1,812.2	113.2	4,009.8	
	kJ	3,698.7		7,582.2	473.4	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		205.0	12.8	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	IU						
Total tocopherol	mg	1---		---	---	---	
Alpha-tocopherol	mg	---		---	---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	25.0		51.2	3.2	113.4	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	0.4	0.1	11	0.7	0.0	
16:0	g	14.1	0.5	19	28.9	1.8	
18:0	g	10.6	0.4	19	21.6	1.4	
Monounsaturated, total	g	44.5			91.3	5.7	
16:1	g					202.0	
18:1	g	44.5	1.0	19	91.3	5.7	
20:1	g					202.0	
22:1	g						
Polyunsaturated, total	g	26.1			53.5	3.3	
18:2	g	24.5	1.1	19	50.2	3.1	
18:3	g	1.6	0.2	17	3.3	0.2	
18:4	g					118.3	
20:4	g					111.1	
20:5	g					7.2	
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---		---	---	---	
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

SHORTENING, Household
Soybean (hydrogenated) and palm

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight		
	A	B	C	D	E	F
PROXIMATE:				1 c = 205 g	1 tbsp = 12.8 g	
Water	g	0.0		0.0	0.0	0.0
Food energy	{ kcal	884.0		1,812.2	113.2	4,009.8
	kJ	3,698.7		7,582.2	473.4	16,777.1
Protein	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	100.0		205.0	12.8	453.6
Carbohydrate, total	g	0.0		0.0	0.0	0.0
Fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.0		0.0	0.0	0.0
MINERALS:						
Calcium	mg					
Iron	mg					
Magnesium	mg					
Phosphorus	mg					
Potassium	mg					
Sodium	mg					
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B6	mg					
Folacin	mcg					
Vitamin B12	mcg					
Vitamin A	{ RE					
	IU					
Total tocopherol	mg	---		---	---	---
Alpha-tocopherol	mg	---		---	---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	30.6		62.7	3.9	138.7
4:0	g					
6:0	g					
8:0	g	0.1		0.2	0.0	0.4
10:0	g	0.1		0.2	0.0	0.4
12:0	g	0.4	0.3	3	0.9	0.1
14:0	g	0.4	0.03	3	0.8	0.1
16:0	g	19.3	2.2	3	39.6	2.5
18:0	g	9.9	0.3	3	20.3	1.3
Monounsaturated, total	g	50.8		104.2	6.5	230.6
16:1	g					
18:1	g	50.6	1.1	3	103.8	6.5
20:1	g					
22:1	g					
Polyunsaturated, total	g	14.2		29.1	1.8	64.3
18:2	g	13.5	2.7	3	27.6	1.7
18:3	g	0.6	0.2	3	1.3	0.1
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	---		---	---	---
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Refuse: 0	Amount in edible portion of 1 pound of food as purchased
	Mean	Standard error	Number of samples	Approximate measure and weight			
	A	B	C	E	F		
PROXIMATE:				1 c = 205 g	1 tbsp = 12.8 g		
Water	0.0			0.0	0.0		0.0
Food energy	{ kcal 900.0			1,845.0	115.2		4,082.4
	kJ 3,765.6			7,719.5	482.0		17,080.8
Protein	0.0			0.0	0.0		0.0
Total lipid (fat)	g 100.0			205.0	12.8		453.6
Carbohydrate, total	g 0.0			0.0	0.0		0.0
Fiber	g 0.0			0.0	0.0		0.0
Ash	g 0.0			0.0	0.0		0.0
MINERALS:							
Calcium	mg . . .						
Iron	mg . . .						
Magnesium	mg . . .						
Phosphorus	mg . . .						
Potassium	mg . . .						
Sodium	mg . . .						
Zinc	mg . . .						
VITAMINS:							
Ascorbic acid	mg . . .						
Thiamin	mg . . .						
Riboflavin	mg . . .						
Niacin	mg . . .						
Pantothenic acid	mg . . .						
Vitamin B ₆	mg . . .						
Folacin	mcg . . .						
Vitamin B ₁₂	mcg . . .						
Vitamin A	{ RE IU . . .						
Total tocopherol	mg . . .	1					
Alpha-tocopherol	mg . . .	---					
LIPIDS:							
Fatty acids:							
Saturated, total	g 40.3			82.6	5.2		182.8
4:0	g . . .						
6:0	g . . .						
8:0	g . . .						
10:0	g 0.1	0.0	7	0.2	0.0		0.4
12:0	g 0.1	0.0	10	0.2	0.0		0.4
14:0	g 1.6	0.1	13	3.2	0.2		7.1
16:0	g 23.0	0.2	20	47.1	2.9		104.3
18:0	g 15.2	0.7	20	31.2	1.9		69.0
Monounsaturated, total	g 44.4			91.0	5.7		201.4
16:1	g 3.1	0.2	14	6.4	0.4		14.1
18:1	g 40.9	0.8	20	83.9	5.2		185.5
20:1	g . . .						
22:1	g . . .						
Polyunsaturated, total	g 10.9			22.3	1.4		49.4
18:2	g 9.7	0.5	20	19.8	1.2		43.8
18:3	g 1.1	0.1	12	2.3	0.1		5.1
18:4	g . . .						
20:4	g . . .						
20:5	g . . .						
22:5	g . . .						
22:6	g . . .						
Cholesterol	mg . . .	---					
Phytosterols	mg . . .	---					
AMINO ACIDS:							
Tryptophan	g . . .						
Threonine	g . . .						
Isoleucine	g . . .						
Leucine	g . . .						
Lysine	g . . .						
Methionine	g . . .						
Cystine	g . . .						
Phenylalanine	g . . .						
Tyrosine	g . . .						
Valine	g . . .						
Arginine	g . . .						
Histidine	g . . .						
Alanine	g . . .						
Aspartic acid	g . . .						
Glutamic acid	g . . .						
Glycine	g . . .						
Proline	g . . .						
Serine	g . . .						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

SHORTENING, Industrial
Soybean (hydrogenated) and cottonseed

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight	1 c = 205 g 1 tbsp = 12.8 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	0.0		0.0	0.0	0.0
Food energy	{ kcal	884.0		1,812.2	113.2	4,009.8
	kJ	3,698.7		7,582.2	473.4	16,777.1
Protein	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	100.0		205.0	12.8	453.6
Carbohydrate, total	g	0.0		0.0	0.0	0.0
Fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.0		0.0	0.0	0.0
MINERALS:						
Calcium	mg					
Iron	mg					
Magnesium	mg					
Phosphorus	mg					
Potassium	mg					
Sodium	mg					
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	{ IU					
Total tocopherol	mg	1---		---	---	---
Alpha-tocopherol	mg	---		---	---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	25.6		52.5	3.3	116.1
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g	0.5	0.2	6	1.1	0.1
16:0	g	13.0	0.4	22	26.6	1.7
18:0	g	12.1	0.4	22	24.8	1.5
Monounsaturated, total	g	58.0			118.9	7.4
16:1	g					
18:1	g	58.0	1.0	22	118.9	7.4
20:1	g					
22:1	g					
Polyunsaturated, total	g	12.0			24.6	1.5
18:2	g	11.4	1.0	22	23.5	1.5
18:3	g	0.6	0.2	10	1.2	0.1
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	---		---	---	---
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased	
	Mean	Standard error	Number of samples	Approximate measure and weight		Refuse: 0	
				1 c = 205 g	1 tbsp = 12.8 g		G
A	B	C	D	E	F		
PROXIMATE:							
Water	g	0.0		0.0	0.0		0.0
Food energy	{ kcal	900.0		1,845.0	115.2		4,082.4
Protein	{ kJ	3,765.6		7,719.5	482.0		17,080.8
Total lipid (fat)	g	100.0		205.0	12.8		453.6
Carbohydrate, total	g	0.0		0.0	0.0		0.0
Fiber	g	0.0		0.0	0.0		0.0
Ash	g	0.0		0.0	0.0		0.0
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
Total tocopherol	IU	1	---	---	---	---	---
Alpha-tocopherol	mg		---	---	---	---	---
LIPIDS:							
Fatty acids:							
Saturated, total	g	35.7		73.2	4.6		162.0
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	0.2	0.0	2	0.4	0.0	0.9
14:0	g	1.2	0.05	2	2.5	0.2	5.4
16:0	g	19.2	1.2	3	39.3	2.5	86.9
18:0	g	14.6	0.2	3	29.9	1.9	66.2
Monounsaturated, total	g	40.7			83.4	5.2	184.6
16:1	g	1.4	0.1	2	2.9	0.2	6.5
18:1	g	38.0	1.9	3	77.9	4.9	172.4
20:1	g	0.6	0.3	2	1.3	0.1	2.8
22:1	g						
Polyunsaturated, total	g	19.2			39.4	2.5	87.1
18:2	g	18.1	0.7	3	37.0	2.3	81.9
18:3	g	1.0	0.4	2	2.0	0.1	4.3
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg		---	---	---	---	---
Phytosterols	mg		---	---	---	---	---
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

SHORTENING, Special purpose for bread
Soybean (hydrogenated) and cottonseed

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 c = 205 g	1 tbsp = 12.8 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	884.0		1,812.2	113.2	4,009.8	
	kJ	3,698.7		7,582.2	473.4	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		205.0	12.8	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	IU						
Total tocopherol	mg	1---		---	---	---	
Alpha-tocopherol	mg	---		---	---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	22.0		45.1	2.8	99.7	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	10.4	0.4	7	21.3	1.3	
18:0	g	11.6	1.6	7	23.8	1.5	
Monounsaturated, total	g	33.0			67.6	4.2	
16:1	g						
18:1	g	33.0	3.4	7	67.6	4.2	
20:1	g						
22:1	g						
Polyunsaturated, total	g	40.6			83.3	5.2	
18:2	g	36.7	2.2	7	75.1	4.7	
18:3	g	4.0	0.6	7	8.1	0.5	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---				---	
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

SHORTENING, Special purpose for cake mix
Soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight	1 c = 205 g 1 tbsp = 12.8 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	0.0		0.0	0.0	0.0
Food energy	{ kcal	884.0		1,812.2	113.2	4,009.8
	kJ	3,698.7		7,582.2	473.4	16,777.1
Protein	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	100.0		205.0	12.8	453.6
Carbohydrate, total	g	0.0		0.0	0.0	0.0
Fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.0		0.0	0.0	0.0
MINERALS:						
Calcium	mg					
Iron	mg					
Magnesium	mg					
Phosphorus	mg					
Potassium	mg					
Sodium	mg					
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	IU					
Total tocopherol	mg	1		---	---	---
Alpha-tocopherol	mg	---		---	---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	27.2		55.8	3.5	123.5
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g	0.1	1	0.2	0.0	0.4
14:0	g	0.4	1	0.8	0.0	1.8
16:0	g	18.0	1.6	36.9	2.3	81.6
18:0	g	8.8	2.9	18.0	1.1	39.7
Monounsaturated, total	g	54.2		111.2	6.9	246.0
16:1	g					
18:1	g	54.2	1.6	111.2	6.9	246.0
20:1	g					
22:1	g					
Polyunsaturated, total	g	14.1		29.0	1.8	64.1
18:2	g	13.1	1.1	26.8	1.7	59.3
18:3	g	1.1		2.2	0.1	4.8
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	---		---	---	---
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

SHORTENING, Special purpose for confectionery
Coconut (hydrogenated) and/or palm kernel (hydrogenated)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight		
	A	B	C	E	F	
PROXIMATE:				1 c = 205 g	1 tbsp = 12.8 g	G
Water	g . . .	0.0		0.0	0.0	0.0
Food energy	{ kcal . . .	884.0		1,812.2	113.2	4,009.8
	kj . . .	3,698.7		7,582.2	473.4	16,777.1
Protein	g . . .	0.0		0.0	0.0	0.0
Total lipid (fat)	g . . .	100.0		205.0	12.8	453.6
Carbohydrate, total	g . . .	0.0		0.0	0.0	0.0
Fiber	g . . .	0.0		0.0	0.0	0.0
Ash	g . . .	0.0		0.0	0.0	0.0
MINERALS:						
Calcium	mg . . .					
Iron	mg . . .					
Magnesium	mg . . .					
Phosphorus	mg . . .					
Potassium	mg . . .					
Sodium	mg . . .					
Zinc	mg . . .					
VITAMINS:						
Ascorbic acid	mg . . .					
Thiamin	mg . . .					
Riboflavin	mg . . .					
Niacin	mg . . .					
Pantothenic acid	mg . . .					
Vitamin B ₆	mg . . .					
Folacin	mcg . . .					
Vitamin B ₁₂	mcg . . .					
Vitamin A	{ RE . . .					
	{ IU . . .					
Total tocopherol	mg . . .	1---		---	---	---
Alpha-tocopherol	mg . . .	---		---	---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g . . .	91.3		187.3	11.7	414.3
4:0	g . . .					
6:0	g . . .					
8:0	g . . .	4.3	0.6	3	8.7	0.5
10:0	g . . .	4.3	0.6	3	8.8	0.6
12:0	g . . .	35.8	3.3	3	73.3	4.6
14:0	g . . .	14.4	1.4	3	29.6	1.8
16:0	g . . .	10.7	0.6	3	22.0	1.4
18:0	g . . .	21.9	5.4	3	44.8	2.8
Monounsaturated, total	g . . .	2.2			4.5	0.3
16:1	g . . .					
18:1	g . . .	2.2	0.3	3	4.5	0.3
20:1	g . . .					
22:1	g . . .					
Polyunsaturated, total	g . . .	1.0			2.0	0.1
18:2	g . . .	1.0		1	2.0	0.1
18:3	g . . .					
18:4	g . . .					
20:4	g . . .					
20:5	g . . .					
22:5	g . . .					
22:6	g . . .					
Cholesterol	mg . . .					
Phytosterols	mg . . .	---		---	---	---
AMINO ACIDS:						
Tryptophan	g . . .					
Threonine	g . . .					
Isoleucine	g . . .					
Leucine	g . . .					
Lysine	g . . .					
Methionine	g . . .					
Cystine	g . . .					
Phenylalanine	g . . .					
Tyrosine	g . . .					
Valine	g . . .					
Arginine	g . . .					
Histidine	g . . .					
Alanine	g . . .					
Aspartic acid	g . . .					
Glutamic acid	g . . .					
Glycine	g . . .					
Proline	g . . .					
Serine	g . . .					

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

SHORTENING, Special purpose for confectionery
Fractionated palm

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 c = 218 g	1 tbsp = 13.6 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	884.0		1,927.1	120.2	4,009.8	
	kJ	3,698.7		8,063.1	503.0	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		218.0	13.6	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
Total tocopherol	IU	¹					
Alpha-tocopherol	mg	---		---	---	---	
	mg	---		---	---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	65.5		142.9	8.9	297.3	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g	1.1	1	2.5	0.2	5.1	
14:0	g	0.9	1	1.9	0.1	3.9	
16:0	g	36.0	1	78.4	4.9	163.1	
18:0	g	26.2	1	57.1	3.6	118.8	
Monounsaturated, total	g	29.6		64.4	4.0	134.0	
16:1	g						
18:1	g	29.3	1	64.0	4.0	133.1	
20:1	g						
22:1	g						
Polyunsaturated, total	g	0.5		1.1	0.1	2.2	
18:2	g	0.5	1	1.0	0.1	2.2	
18:3	g						
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---		---	---	---	
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

SHORTENING, Special purpose for frying (regular)
Soybean (hydrogenated) and cottonseed (hydrogenated)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight		
A	B	C	D	E	F	G
PROXIMATE:				1 c = 205 g	1 tbsp = 12.8 g	
Water	g	0.0		0.0	0.0	0.0
Food energy	{ kcal	884.0		1,812.2	113.2	4,009.8
	kJ	3,698.7		7,582.2	473.4	16,777.1
Protein	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	100.0		205.0	12.8	453.6
Carbohydrate, total	g	0.0		0.0	0.0	0.0
Fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.0		0.0	0.0	0.0
MINERALS:						
Calcium	mg					
Iron	mg					
Magnesium	mg					
Phosphorus	mg					
Potassium	mg					
Sodium	mg					
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	{ IU					
Total tocopherol	mg	1---		---	---	---
Alpha-tocopherol	mg	---		---	---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	15.4		31.6	2.0	70.0
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	9.6	0.6	5	19.6	1.2
18:0	g	5.8	1.0	5	12.0	0.7
Monounsaturated, total	g	58.2			119.3	7.4
16:1	g					
18:1	g	58.2	1.7	7	119.3	7.4
20:1	g					
22:1	g					
Polyunsaturated, total	g	22.0			45.1	2.8
18:2	g	21.2	1.9	7	43.4	2.7
18:3	g	0.8	0.2	5	1.7	0.1
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	---		---	---	---
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

SHORTENING, Special purpose for frying (heavy duty)

Beef tallow and cottonseed

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse:0	
	Mean	Standard error	Number of samples	Approximate measure and weight			
				1 c = 205 g	1 tbsp = 12.8 g		
A	B	C	D	E	F	G	
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	
Food energy	{ kcal	900.0		1,845.0	115.2	4,082.4	
	{ kJ	3,765.6		7,719.5	482.0	17,080.8	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		205.0	12.8	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	{ IU						
Total tocopherol	mg	1--		---	---	---	
Alpha-tocopherol	mg	---		---	---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	44.9		92.0	5.7	203.7	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g	3.4		1	7.0	0.4	
16:0	g	24.5		1	50.2	3.1	
18:0	g	17.0		1	34.9	2.2	
Monounsaturated, total	g	38.5			78.9	4.9	
16:1	g	4.3		1	8.8	0.6	
18:1	g	34.2		1	70.1	4.4	
20:1	g						
22:1	g						
Polysaturated, total	g	8.8		18.0	1.1	39.9	
18:2	g	8.3		1	17.0	1.1	
18:3	g	0.5		1	1.0	0.1	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg	---		---	---	---	
Phytosterols	mg	---		---	---	---	
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

SHORTENING, Special purpose for frying (heavy duty)
Palm (hydrogenated)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0
	Mean	Standard error	Number of samples	Approximate measure and weight	1 c = 205 g 1 tbsp = 12.8 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	0.0		0.0	0.0	0.0
Food energy	{ kcal	884.0		1,812.2	113.2	4,009.8
	kJ	3,698.7		7,582.2	473.4	16,777.1
Protein	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	100.0		205.0	12.8	453.6
Carbohydrate, total	g	0.0		0.0	0.0	0.0
Fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.0		0.0	0.0	0.0
MINERALS:						
Calcium	mg					
Iron	mg					
Magnesium	mg					
Phosphorus	mg					
Potassium	mg					
Sodium	mg					
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	IU					
Total tocopherol	mg	1---		---	---	---
Alpha-tocopherol	mg	---		---	---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	47.5		97.4	6.1	215.5
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	40.6	1.8	4	83.3	5.2
18:0	g	6.9	0.8	4	14.1	0.9
Monounsaturated, total	g	40.6			83.3	5.2
16:1	g					
18:1	g	40.6	1.7	4	83.3	5.2
20:1	g					
22:1	g					
Polyunsaturated, total	g	7.5	2.2	4	15.3	1.0
18:2	g	7.5			15.3	1.0
18:3	g					
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg					
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

SHORTENING, Special purpose for frying (heavy duty)
Soybean (hydrogenated), linoleic (less than 1%)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse:0
	Mean	Standard error	Number of samples	Approximate measure and weight	1 c = 205 g 1 tbsp = 12.8 g	
A	B	C	D	E	F	G
PROXIMATE:						
Water	g	0.0		0.0	0.0	0.0
Food energy	{ kcal	884.0		1,812.2	113.2	4,009.8
	kj	3,698.7		7,582.2	473.4	16,777.1
Protein	g	0.0		0.0	0.0	0.0
Total lipid (fat)	g	100.0		205.0	12.8	453.6
Carbohydrate, total	g	0.0		0.0	0.0	0.0
Fiber	g	0.0		0.0	0.0	0.0
Ash	g	0.0		0.0	0.0	0.0
MINERALS:						
Calcium	mg					
Iron	mg					
Magnesium	mg					
Phosphorus	mg					
Potassium	mg					
Sodium	mg					
Zinc	mg					
VITAMINS:						
Ascorbic acid	mg					
Thiamin	mg					
Riboflavin	mg					
Niacin	mg					
Pantothenic acid	mg					
Vitamin B ₆	mg					
Folacin	mcg					
Vitamin B ₁₂	mcg					
Vitamin A	{ RE					
	IU					
Total tocopherol	mg	1---		---	---	---
Alpha-tocopherol	mg	---		---	---	---
LIPIDS:						
Fatty acids:						
Saturated, total	g	21.1		43.3	2.7	95.7
4:0	g					
6:0	g					
8:0	g					
10:0	g					
12:0	g					
14:0	g					
16:0	g	10.9	1	22.3	1.4	49.4
18:0	g	10.2	1	20.9	1.3	46.3
Monounsaturated, total	g	73.7		151.1	9.4	334.3
16:1	g					
18:1	g	73.7	1	151.1	9.4	334.3
20:1	g					
22:1	g					
Polyunsaturated, total	g	0.4		0.8	0.1	1.8
18:2	g	0.3	1	0.6	0.0	1.4
18:3	g	0.1	1	0.2	0.0	0.5
18:4	g					
20:4	g					
20:5	g					
22:5	g					
22:6	g					
Cholesterol	mg					
Phytosterols	mg	---		---	---	---
AMINO ACIDS:						
Tryptophan	g					
Threonine	g					
Isoleucine	g					
Leucine	g					
Lysine	g					
Methionine	g					
Cystine	g					
Phenylalanine	g					
Tyrosine	g					
Valine	g					
Arginine	g					
Histidine	g					
Alanine	g					
Aspartic acid	g					
Glutamic acid	g					
Glycine	g					
Proline	g					
Serine	g					

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.

SHORTENING, Special purpose for frying (heavy duty)

Soybean (hydrogenated), linoleic (about 30%) (stabilized with silicones)

Nutrients and units	Amount in 100 grams, edible portion			Amount in edible portion of common measures of food		Amount in edible portion of 1 pound of food as purchased Refuse: 0	
	Mean A	Standard error B	Number of samples C	Approximate measure and weight			
				1 c = 205 g	1 tbsp = 12.8 g		
PROXIMATE:							
Water	g	0.0		0.0	0.0	0.0	
Food energy	kcal	884.0		1,812.2	113.2	4,009.8	
	kJ	3,698.7		7,582.2	473.4	16,777.1	
Protein	g	0.0		0.0	0.0	0.0	
Total lipid (fat)	g	100.0		205.0	12.8	453.6	
Carbohydrate, total	g	0.0		0.0	0.0	0.0	
Fiber	g	0.0		0.0	0.0	0.0	
Ash	g	0.0		0.0	0.0	0.0	
MINERALS:							
Calcium	mg						
Iron	mg						
Magnesium	mg						
Phosphorus	mg						
Potassium	mg						
Sodium	mg						
Zinc	mg						
VITAMINS:							
Ascorbic acid	mg						
Thiamin	mg						
Riboflavin	mg						
Niacin	mg						
Pantothenic acid	mg						
Vitamin B ₆	mg						
Folacin	mcg						
Vitamin B ₁₂	mcg						
Vitamin A	{ RE						
	IU						
Total tocopherol	mg	1---		---	---	---	
Alpha-tocopherol	mg	---		---	---	---	
LIPIDS:							
Fatty acids:							
Saturated, total	g	18.4		37.7	2.4	83.5	
4:0	g						
6:0	g						
8:0	g						
10:0	g						
12:0	g						
14:0	g						
16:0	g	10.2	0.3	8	20.8	1.3	
18:0	g	8.3	0.2	8	16.9	1.1	
Monounsaturated, total	g	43.7			89.6	5.6	
16:1	g						
18:1	g	43.7	0.5	8	89.6	5.6	
20:1	g						
22:1	g						
Polyunsaturated, total	g	33.5			68.6	4.3	
18:2	g	31.1	0.5	8	63.8	4.0	
18:3	g	2.4	0.2	8	4.8	0.3	
18:4	g						
20:4	g						
20:5	g						
22:5	g						
22:6	g						
Cholesterol	mg						
Phytosterols	mg	---		---	---	---	
AMINO ACIDS:							
Tryptophan	g						
Threonine	g						
Isoleucine	g						
Leucine	g						
Lysine	g						
Methionine	g						
Cystine	g						
Phenylalanine	g						
Tyrosine	g						
Valine	g						
Arginine	g						
Histidine	g						
Alanine	g						
Aspartic acid	g						
Glutamic acid	g						
Glycine	g						
Proline	g						
Serine	g						

¹ Dashes denote lack of reliable data for a nutrient believed to be present in measurable amount.